



# Frankston ISD Lunch

# MENU

////////////////////  
**OCTOBER**  
////////////////////

## MONDAY

**Harvest**  
*of the Month*



Join us as we travel  
Through Texas next week  
taking our Farm Fresh Texas  
Items with us!



06



National School Lunch Week 2025

13



**Ice Cream**  
**\$1.25**

20

The Items in ***Bold/Italic***  
represents Farm Fresh from  
Texas. The items that are in  
**Bold only** represent  
potential Farm Fresh from  
Texas depending on the  
season and availability.



27

## TUESDAY

### DID YOU KNOW?

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.

Popcorn Chicken  
w/Dinner Roll or  
Pizza Crunchers  
Mashed Potatoes  
Broccoli w/Dip  
**Grapefruit** & Diced Pears  
**Milk**

07

Beef Teriyaki w/Noodles or  
Oriental Chicken w/Noodles &  
**HS-Egg Roll**  
Steamboat Broccoli  
Steam Train Carrots  
**Idalou Apples** &  
**Fresh Pears / Milk**

14

Welcome to  
Sachse, TX

Chicken Nuggets  
w/Mac & Cheese or  
Steak Fingers w/Mac & Cheese  
Seasoned Corn  
Cucumbers w/Dip  
Applesauce Cup &  
**Blueberries / Milk**

21

Popcorn Chicken  
w/Dinner Roll or  
Pizza Crunchers  
Mashed Potatoes  
Broccoli w/Dip  
**Grapefruit** & Diced Pears  
**Milk**

28

## WEDNESDAY

Pepperoni Pizza  
**HS-Buffero Pizza** or  
Cheese Sticks w/Marinara  
Roasted Sweet Potatoes  
Broccoli & Cheese  
Sliced Pears & **Oranges**  
**Milk**

01

Cheese Pizza  
**HS-French Bread Pizza** or  
BBQ Fries w/**Texas Toast** (2 for HS)  
**Garden Salad Mix**  
Navy Beans  
**Blueberries** & Mixed Fruit  
**Milk**

08

Fiestada or  
Enchiliadas / **HS-w/Spanish Rice**  
Refried Beans  
Street Corn  
Strawberry Cup &  
**Texas Oranges / Milk**  
**HS-Salsa**

15

Welcome to  
El Paso, TX

Pepperoni Pizza  
**HS-Buffero Pizza** or  
Cheese Sticks w/Marinara  
Roasted Sweet Potatoes  
Broccoli & Cheese  
Mixed Berry Cup & **Texas Oranges**  
**Milk**

22

Cheese Pizza  
**HS-French Bread Pizza** or  
BBQ Fries w/**Texas Toast** (2 for HS)  
**Garden Salad Mix**  
Navy Beans  
**Red Apples** & Mixed Fruit  
**Milk**

29

## THURSDAY

**Nachos w/Meat**  
**HS-w/Cilantro Rice** or  
**BBQ Sandwich**  
Pinto Beans  
**Garden Salad Mix**  
Mixed Berry Cup &  
Diced Peaches / **Milk** / **HS-Salsa**

02

Crispitos-  
**HS-w/Spanish Rice** or  
**Hot Dogs / HS-w/Grahams OR**  
**Chef Salad**  
Steamed Carrots  
Green Beans  
Raisins & Mandarin Oranges / **Milk**  
**HS-Salsa**

09



Chef Salad  
Thursday

Italian Spaghetti and Meatballs or  
Ravioli  
**Garlic Bread**  
Italian Veggies  
**Welcome to Italy, TX**  
**Garden Salad from Belton**  
Grapes &  
**Uvalde Watermelon / Milk**

16



**Nachos w/Meat**  
**HS-w/Cilantro Rice** or  
**BBQ Sandwich**  
Pinto Beans  
**Garden Salad Mix**  
**Fresh Pears** &  
Diced Peaches / **Milk** / **HS-Salsa**

23

Crispitos-  
**HS-w/Spanish Rice** or  
**Hot Dogs / HS-w/Grahams OR**  
**Chef Salad**  
Steamed Carrots  
Green Beans  
Raisins & Mandarin Oranges / **Milk**  
**HS-Salsa**

30

## FRIDAY

**Hamburger** or  
Fiestada  
**HB Trimmings**  
Baby Carrots & Curly Fries  
**Watermelon** &  
Frozen Fruit Juice  
**Milk**

03

**ET Beef Hamburger** or  
Chicken Quesadilla  
**HB Trimmings**  
Sweet Potato Fries  
Baked Beans  
**Texas Apples** & Sidekicks  
**Milk**

10

**East Texas Hamburger** or  
**Ballpark Hot Dogs**  
**HS Trimmings**  
Straight Line Fries  
Toll Coin Cherry Tomatoes  
**Texas Grapefruit** &  
Frozen Fruit Juice / **Milk**

17



Welcome to  
Arlington, TX

**Hamburger** or  
Fiestada  
**HB Trimmings**  
Baby Carrots & Curly Fries  
**Watermelon** &  
Frozen Fruit Juice  
**Milk**

24

**Hamburger** or  
Chicken Quesadilla  
**HB Trimmings**  
Sweet Potato Fries  
Baked Beans  
**Blueberries** & Sidekicks  
**Milk**

31



Menus are subject to  
change.

Choice of milk served daily.

Water fountain is available.

### \*GREAT NEWS\*

Lunch is **FREE** to **ALL** students.



Students account may be pre-paid at the school or  
online for ala carte items.  
Every lunch is served with at least 1/2c fruit and/or  
1/2c vegetable.

## FUN FACT

Apples float when dropped into water  
because they consist of 25% air.



Farm Fresh Fridays all  
month long!





# Frankston ISD Breakfast

# MENU

////////////////////  
**OCTOBER**  
////////////////////



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

		Waffles Orange Juice Raisins Milk	Sausage Roll Pine/Orange Juice Fresh Pears Milk	Cereal w/Cheese Cubes Fruit Juice Apple Slices Milk
06	Biscuit & Sausage Apple Juice Oranges Milk	French Toast Orange Juice Raisins Milk	Breakfast Burrito w/Grahams Pine/Orange Juice Sliced Apples Milk	Cinnamon Swirls Fruit Juice Bananas Milk
13 	Cereal w/Cheese Cubes Apple Juice Oranges Milk	Waffles Orange Juice Raisins Milk	Blueberry Muffin Pine/Orange Juice Apple Slices Milk	Mini Bagels Fruit Juice Fresh Pears Milk
20	Egg Croissant <b>MS/HS:</b> w/Sausage Apple Juice Oranges Milk	French Toast Orange Juice Raisins Milk	Breakfast Burrito w/Grahams Pine/Orange Juice Bananas Milk	Cinnamon Swirls Fruit Juice Apple Slices Milk
27	Biscuit & Sausage Apple Juice Oranges Milk	Waffles Orange Juice Raisins Milk	Sausage Roll Pine/Orange Juice Bananas Milk	Cereal w/Cheese Cubes Fruit Juice Apple Slices Milk 

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Choice of milk served daily.

Water fountain is available.

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**\*2024-25 Cafeteria Awards\***

**TDA** – Farm Fresh Challenge – Best of The Bunch Award

**USDA** – Turnip The Beet – Silver Award

**Healthy Meals Incentives Recognition Awards** for:

Small and/or Rural SFA Breakfast Trailblazer

Small and/or Rural SFA Lunch Trailblazer

Innovation in Nutrition Education





# Frankston ISD

## Pre-K Lunch

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OCTOBER  
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*of the Month*



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**Ice Cream**  
**\$1.25**

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### TUESDAY

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Popcorn Chicken  
w/Dinner Roll  
Mashed Potatoes  
Broccoli w/Dip  
**Grapefruit**  
**Milk**

Oriental Chicken w/Noodles  
Steamboat Broccoli  
Steam Train Carrots  
**Idalou Apples**  
**Milk**

Welcome to  
Sachse, TX

Chicken Nuggets  
w/Mac & Cheese  
Seasoned Corn  
Cucumbers w/Dip  
**Blueberries**  
**Milk**

Popcorn Chicken  
w/Dinner Roll  
Mashed Potatoes  
Broccoli w/Dip  
**Grapefruit**  
**Milk**

### WEDNESDAY

Pepperoni Pizza  
Roasted Sweet Potatoes  
Broccoli & Cheese  
**Texas Oranges**  
**Milk**

Cheese Pizza  
**Garden Salad Mix**  
Navy Beans  
**Blueberries**  
**Milk**

Fiestada  
Refried Beans  
Street Corn  
**Texas Oranges**  
**Milk**

Welcome to  
El Paso, TX

Pepperoni Pizza  
Roasted Sweet Potatoes  
Broccoli & Cheese  
**Texas Oranges**  
**Milk**

Cheese Pizza  
**Garden Salad Mix**  
Navy Beans  
**Red Apples**  
**Milk**

### THURSDAY

**Nachos w/Meat**  
Pinto Beans  
**Garden Salad Mix**  
Diced Peaches  
**Milk**

**Hot Dogs**  
Steamed Carrots  
Green Beans  
Mandarin Oranges  
**Milk**

Italian Spaghetti and Meatballs  
**Garlic Bread**  
Italian Veggies  
**Garden Salad from Belton**  
**Uvalde Watermelon**  
**Milk**

Welcome to  
Italy, TX

**Nachos w/Meat**  
Pinto Beans  
**Garden Salad Mix**  
**Fresh Pears**  
**Milk**

**Hot Dogs**  
Steamed Carrots  
Green Beans  
Raisins  
**Milk**

### FRIDAY

**ET Beef Hamburger**  
Baby Carrots  
Curly Fries  
**Watermelon**  
**Milk**

**Hamburger**  
Sweet Potato Fries  
Baked Beans  
**Texas Apples**  
**Milk**

**East Texas Hamburger**  
Straight Line Fries  
Toll Coin Cherry Tomatoes  
**Texas Grapefruit**  
**Milk**

Welcome to  
Arlington, TX

**Hamburger**  
Baby Carrots  
Curly Fries  
**Watermelon**  
**Milk**

**Hamburger**  
Sweet Potato Fries  
Baked Beans  
**Blueberries**  
**Milk**

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Unflavored milk served daily.

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