

# FRANKSTON ISD LUNCH

# SEPT

## MENU 2022

### GEAR UP FOR DANCE



#### ANNOUNCEMENTS:

- ❖ Menus are subject to change
- ❖ Student Accounts may be pre-paid at the school or online for meals and Ala Carte items
- ❖ If you need assistance, meal applications are available at every campus office
- ❖ Every lunch must include at least 1/2c fruit and/or 1/2c vegetable
- ❖ Choice of milk served daily

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



			1 <sup>ST</sup> Grill Cheese or Salisbury Steak w/Brown Rice Creamed Spinach & Sweet Cut Corn Bananas & Diced Peaches Milk / <b>HS</b> -Garlic Toast w/Steak	2 <sup>ND</sup> Cheese Pizza or Pizza Crunchers Steamed Carrots & Navy Beans Raisins & Frozen Fruit Juice Milk
	6 <sup>TH</sup> Cheesy Enchiladas or Build Your Own Taco Salad Cherry Tomatoes & Refried Beans Spanish Rice Sliced Pears & Grapefruit Milk	7 <sup>TH</sup> Hamburger or Chicken Sandwich <b>MS/HS</b> -Spicy Chicken HB Trimmings Tator Tots & Raw Baby Carrots Cranberries & Applesauce Cup Milk	8 <sup>TH</sup> Orange Chicken or Beef Teriyaki Dippers Oriental Veggies & Yellow Squash Asian Brown Rice Bananas & Raisins Milk / <b>HS</b> -Egg Roll	9 <sup>TH</sup> Cheese Pizza or Calzones Crunchy Broccoli Salad & Italian Veggies Sidekicks & Watermelon Milk
12 <sup>TH</sup> Chicken Tenders or Chicken Fried Steak Dinner Roll Mashed Potatoes & Steam Carrots Diced Peaches & Mix Fruit Cup Milk	13 <sup>TH</sup> Chicken Quesadilla or Soft Tacos Sweet Cut Corn & Fresh Salad <b>HS</b> -Cilantro Lime Rice Cranberries & Applesauce Cup Milk	14 <sup>TH</sup> Cheeseburger or Mini Corn Dogs Sweet Potato Fries & Broccoli Bites HB Trimmings Cantaloupe & Diced Pears Milk	15 <sup>TH</sup> Spaghetti or Philly Cheese Steak Sub Black-eyed Peas & Zucchini Squash Breadstick Blueberries & Oranges Milk	16 <sup>TH</sup> Pepperoni Pizza or Boneless Chicken Wings <b>HS</b> -w/Garlic Toast Navy Beans & Cauliflower w/Cheese Mixed Berries & Frozen Fruit Juice / Milk
TEACHER IN-SERVICE DAY  NO SCHOOL	20 <sup>TH</sup> Nachos w/Meat or Bean & Beef Burrito Pinto Beans & Celery Sticks Spanish Rice Green Apples & Peaches Milk	21 <sup>ST</sup> Hamburger or Fish Nuggets/ <b>HS</b> -Fish on Bun HB Trimmings Raw Baby Carrots & Curly Fries Honeydew & Diced Pears Milk	22 <sup>ND</sup> BBQ Stuffed Potato or Chicken Alfredo Broccoli & Cheese & Roasted Sweet Potatoes Grapefruit & Dried Fruit Mix Dinner Roll / Milk	23 <sup>RD</sup> Stuffed Crust Pizza or Cheese Sticks w/Marinara Steamed Cabbage & Seasoned Green Peas Sidekicks & Oranges Milk
26 <sup>TH</sup> Popcorn Chicken w/Roll or Steak on a Bun Mashed Potatoes & Green Beans Cranberries & Cantaloupe Milk	27 <sup>TH</sup> Crispito w/Pinto Beans or Fiestada Garden Salad & Celery Sticks Cilantro Rice Applesauce Cup & Mix Berries Milk	28 <sup>TH</sup> Cheeseburger or Hot Dog/ <b>MS</b> -Goldfish <b>HS</b> -Corn Dog Sweet Potato Tots & Baked Beans / HB Trimmings Oranges & Sliced Pears/Milk	29 <sup>TH</sup> Grill Cheese or Salisbury Steak w/Brown Rice Creamed Spinach & Sweet Cut Corn Bananas & Diced Peaches Milk	30 <sup>TH</sup> Cheese Pizza or Pizza Crunchers Steamed Carrots & Navy Beans Raisins & Frozen Fruit Juice Milk



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 9/1/2022  
www.SquareMeals.org

# FRANKSTON ISD PRE-K LUNCH

# SEPT

## MENU 2022

### GEAR UP FOR DANCE



#### ANNOUNCEMENTS:

- ❖ Menus are subject to change
- ❖ Student Accounts may be pre-paid at the school or online for meals and Ala Carte items
- ❖ If you need assistance, meal applications are available at every campus office
- ❖ Unflavored milk served daily

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY

**HAPPY LABOR DAY**

12<sup>TH</sup>  
Chicken Tenders  
Dinner Roll  
Mashed Potatoes &  
Steam Carrots  
Diced Peaches  
Milk

TEACHER  
IN-SERVICE  
DAY  
  
NO SCHOOL

26<sup>TH</sup>  
Popcorn Chicken w/Roll  
Mashed Potatoes &  
Green Beans  
Cranberries  
Milk

6<sup>TH</sup>  
Cheesy Enchiladas  
Cherry Tomatoes &  
Refried Beans  
Spanish Rice  
Grapefruit  
Milk

13<sup>TH</sup>  
Chicken Quesadilla  
Sweet Cut Corn &  
Fresh Salad  
Cranberries  
Milk

20<sup>TH</sup>  
Nachos w/Meat  
Pinto Beans &  
Celery Sticks  
Spanish Rice  
Green Apples  
Milk

27<sup>TH</sup>  
Fiestada  
Garden Salad &  
Celery Sticks  
Applesauce Cup  
Milk

7<sup>TH</sup>  
Hamburger  
Tator Tots &  
Raw Baby Carrots  
Applesauce Cup  
Milk

14<sup>TH</sup>  
Cheeseburger  
Sweet Potato Fries &  
Broccoli Bites  
Cantaloupe  
Milk

21<sup>ST</sup>  
Hamburger or  
Raw Baby Carrots &  
Curly Fries  
Diced Pears  
Milk

28<sup>TH</sup>  
Cheeseburger  
Sweet Potato Tots &  
Baked Beans  
Sliced Pears  
Milk

1<sup>ST</sup>  
Grill Cheese  
Creamed Spinach &  
Sweet Cut Corn  
Bananas  
Milk

8<sup>TH</sup>  
Beef Teriyaki Dippers  
Oriental Veggies &  
Yellow Squash  
Asian Brown Rice  
Bananas  
Milk

15<sup>TH</sup>  
Spaghetti  
Black-eyed Peas &  
Zucchini Squash  
Breadstick  
Oranges  
Milk

22<sup>ND</sup>  
Chicken Alfredo  
Broccoli & Cheese &  
Roasted Sweet Potatoes  
Mix Fruit  
Dinner Roll  
Milk

29<sup>TH</sup>  
Grill Cheese  
Creamed Spinach &  
Sweet Cut Corn  
Bananas  
Milk

2<sup>ND</sup>  
Cheese Pizza  
Steamed Carrots &  
Navy Beans  
Raisins  
Milk

9<sup>TH</sup>  
Cheese Pizza  
Crunchy Broccoli Salad &  
Italian Veggies  
Watermelon  
Milk

16<sup>TH</sup>  
Pepperoni Pizza  
Navy Beans &  
Cauliflower w/Cheese  
Mixed Berries  
Milk

23<sup>RD</sup>  
Stuffed Crust Pizza  
Steamed Cabbage &  
Seasoned Green Peas  
Oranges  
Milk

30<sup>TH</sup>  
Cheese Pizza  
Steamed Carrots &  
Navy Beans  
Raisins  
Milk



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 9/1/2022  
www.SquareMeals.org

# FRANKSTON ISD BREAKFAST

# SEPT

## MENU 2022

### GEAR UP FOR DANCE



#### ANNOUNCEMENTS:

- ❖ Menus are subject to change
- ❖ Student Accounts may be pre-paid at the school or online for meals and Ala Carte items
- ❖ If you need assistance, meal applications are available at every campus office
- ❖ With every breakfast you must choose and at least 1/2c fruit and/or 1/2c juice
- ❖ Choice of milk served daily

## MONDAY

## TUESDAY

## WEDNESDAY

## THURSDAY

## FRIDAY



6<sup>TH</sup>

Waffles  
Juice  
Oranges  
Milk

7<sup>TH</sup>

Cinnamon Swirls  
Juice  
Cranberries  
Milk

8<sup>TH</sup>

French Toast  
Juice  
Apple Slices  
Milk

9<sup>TH</sup>

Pancake on a Stick  
Juice  
Fresh Plums  
Milk

12<sup>TH</sup>

Cream Cheese Bagel  
Juice  
Apple Slices  
Milk

13<sup>TH</sup>

Breakfast Burrito  
Juice  
Raisins  
Milk

14<sup>TH</sup>

Muffin  
Juice  
Oranges  
Milk

15<sup>TH</sup>

Biscuit & Sausage  
Juice  
Cranberries  
Milk

16<sup>TH</sup>

Cereal  
Juice  
Fresh Peaches  
Milk

TEACHER  
IN-SERVICE  
DAY

NO SCHOOL

20<sup>TH</sup>

Waffles  
Juice  
Oranges  
Milk

21<sup>ST</sup>

Cinnamon Swirls  
Juice  
Cranberries  
Milk

22<sup>ND</sup>

French Toast  
Juice  
Apple Slices  
Milk

23<sup>RD</sup>

Pancake on a Stick  
Juice  
Fresh Plums  
Milk

26<sup>TH</sup>

Cream Cheese Bagel  
Juice  
Apple Slices  
Milk

27<sup>TH</sup>

Breakfast Burrito  
Juice  
Raisins  
Milk

28<sup>TH</sup>

Muffin  
Juice  
Oranges  
Milk

29<sup>TH</sup>

Biscuit & Sausage  
Juice  
Cranberries  
Milk

30<sup>TH</sup>

Cereal  
Juice  
Fresh Peaches  
Milk



Food and Nutrition Division  
National School Lunch Program



TEXAS DEPARTMENT OF AGRICULTURE  
**COMMISSIONER SID MILLER**

This product was funded by USDA.  
This institution is an equal opportunity provider.



Updated 9/1/2022  
www.SquareMeals.org