# Frankston ISD Breakfast Menu





### **ANNOUNCEMENTS:**

### Menus are subject to change

Students account may be pre-paid at the school or online for ala carte items

Choice of milk served daily

Breakfast and Lunch is FREE to **ALL** students

Every breakfast is served with at least 1/2c fruit and/or 1/2c vegetable



# Frankston ISD Lunch Menu

| MONDAY                 | TUESDAY   | WEDNESDAY  | THURSDAY  | FRIDAY  |
|------------------------|---|--|---|---|
|                        |   |  |   | 1 <sup>ST</sup> Hamburger or Chicken Quesadilla HB Trimmings Sweet Potato Fries Baked Beans Blueberries & Sidekicks Milk                      |
| <b>4</b> <sup>TH</sup> | 5 <sup>TH</sup> Steak Fingers w/Roll or Orange Chicken w/Asian Rice & <b>HS</b> -Egg Roll Baby Bakers Black-eyed Peas Applesauce Cup & Diced Peaches / Milk | 6 <sup>TH</sup> Pepperoni Pizza or Boneless Chicken Wings Breadsticks w/Wings Broccoli Salad Seasoned Yellow Squash- <b>HS</b> -3/4c Raisins & Mandarin Oranges Milk | <b>7</b> <sup>TH</sup> Chicken Fajita w/Spanish Rice or Taco Salad w/Spanish Rice Cherry Tomatoes- <b>HS</b> -3/4c Refried Beans Fresh Pears & Cranberries Milk           | 8 <sup>TH</sup> Hamburger or Chicken Sandwich MS/HS-Spicy Chicken HB Trimmings Tator Tots & Baby Carrots Grapefruit & Frozen Fruit Juice Milk |
| 11 <sup>TH</sup>       |   |  |   |   |
| 18 <sup>TH</sup>       | 19 <sup>TH</sup> Chicken Tenders w/ Roll or Meatball Sub Mashed Potatoes Cucumber w/Dip Diced Peaches & Mixed Fruit Milk                                    | 20 <sup>TH</sup> Pepperoni Pizza or Grilled Cheese Navy Beans Broccoli Bites w/Dip Red Apples & Raisins Milk   | 21 <sup>ST</sup> Spaghetti w/Meat Sauce & Breadstick or Soft Tacos- <b>HS</b> -Cilantro Lime Rice Steamed Carrots- <b>HS</b> -3/4c Fresh Salad Blueberries & Oranges Milk | 22ND Cheeseburger or Mini Corn Dogs Sweet Potato Tots Cauliflower w/Cheese HB Trimmings Strawberries & Sidekicks Milk                         |
| 25 <sup>TH</sup>       | 26 <sup>TH</sup> Chicken Fries w/Mac & Cheese or Steak Fingers w/Mac & Cheese Seasoned Corn   | 27 <sup>TH</sup> Personal Pan Pizza <b>HS</b> -Buffalo Pizza or Cheese Sticks w/Marinara Roasted Sweet Potatoes- <b>HS</b> -3/4c                                     | 28 <sup>TH</sup> Hamburger or Fiestada HB Trimmings Pinto Beans & Curly Fries   | 29 <sup>TH</sup> Good Friday  |

Broccoli & Cheese

Milk

Sliced Pears & Oranges



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### \*GREAT NEWS\*

Breakfast and Lunch is FREE to ALL students

Every lunch is served with at least 1/2c fruit and/or 1/2c vegetable



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

Cranberries & Frozen Fruit Juice

No School



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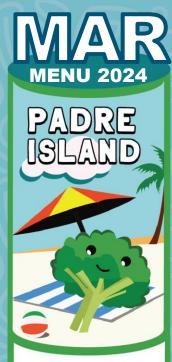
Baby Carrots w/Dip

Applesauce Cup &

Mixed Berries / Milk

# Frankston ISD Pre-k Lunch Menu

| MONDAY                 | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY   |
|------------------------|--|---|---|--|
|                        |  |   |   | 1 <sup>ST</sup><br>Hamburger<br>Sweet Potato Fries<br>Baked Beans<br>Blueberries<br>Milk |
| <b>4</b> <sup>TH</sup> | 5 <sup>TH</sup> Steak Fingers w/Roll Baby Bakers Black-eyed Peas Applesauce Cup Milk         | 6 <sup>TH</sup> Pepperoni Pizza Broccoli Salad Seasoned Yellow Squash Mandarin Oranges Milk | <b>7</b> TH Chicken Fajita Cherry Tomatoes Refried Beans Fresh Pears Milk                         | 8 <sup>TH</sup> Hamburger Tator Tots Baby Carrots Grapefruit Milk                        |
| 11 <sup>TH</sup>       |  |   |   |  |
| 18 <sup>TH</sup>       | 19 <sup>TH</sup> Chicken Tenders w/ Roll Mashed Potatoes Cucumber w/Dip Mixed Fruit Milk     | 20 <sup>TH</sup> Pepperoni Pizza Navy Beans Broccoli Bites w/Dip Raisins Milk               | 21 <sup>ST</sup> Spaghetti w/Meat Sauce & Breadstick Steamed Carrots Fresh Salad Blueberries Milk | 22ND Cheeseburger Sweet Potato Tots Cauliflower w/Cheese Strawberries Milk               |
| 25 <sup>TH</sup>       | 26 <sup>TH</sup> Chicken Fries w/Mac & Cheese Seasoned Corn Baby Carrots w/Dip Mixed Berries | 27 <sup>TH</sup> Personal Pan Pizza Roasted Sweet Potatoes Broccoli & Cheese Sliced Pears   | 28 <sup>TH</sup> Hamburger Pinto Beans Curly Fries Cranberries                                    | 29 <sup>™</sup> Good Friday  |
|                        | Milk   | Milk  | Milk  | No School  |



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Non-Flavored milk served daily to Pre-K for lunch.

### \*GREAT NEWS\*

Breakfast and Lunch is FREE to ALL students

Every lunch is served with at least 1/2c fruit and 1/2c vegetable





