

SEPTEMBER 2019

MONDAY



2

LABOR DAY

3

9 Apple Delight

Macaroni & Cheese w/Chicken Mega Bites

Deli Turkey & Cheese Sandwich w/Chips

10 Benefit Bar

Hawaiian Pork w/Roll & Macaroni Salad

Cheesy Garlic Bread w/Marinara

16 Buttermilk Bar

Chicken Patty Sandwich w/Fries

Hot Italian Sandwich w/Fries

17 Bagel w/Cream Cheese

Toasted Cheese Sandwich w/Chips

Flat Bread Pizza – BBQ Chicken

23 Apple Delight

Hamburger w/Fries

Fajita Rice Bowl w/Black Beans, Corn & Chicken

24 Croissant w/Cream Cheese

Chicken Pozole w/Breadstick

Enchiladas

30 Buttermilk Bar

Pork Tacos w/Mexi Fries

Chicken Patty Sandwich

Milk
Lochmead Dairy
 All milk served is 1% or non-fat flavored or unflavored milk.

FRANKLIN MIDDLE SCHOOL MENU

4 **WEDNESDAY**

Freshly Baked Banana Bread

Pork Taco w/Torilla Chips

Chicken Patty Sandwich

5 **THURSDAY**

Biscuit

3 Bean Chili w/Cornbread

Chicken Tenders w/Dinner Roll

6 **FRIDAY**

Maple Bar

Southwest Nacho Bar

Homemade Local Veggie Burger w/Chips

11 Pumpkin Cranberry Bar

Weiner Wrap

Chicken Pot Pie

12 Breakfast Round

Bean & Cheese Burrito

Flat Bread Pizza w/ Roasted Veggies

13 Belgian Waffle

Fish Sticks & Chips

Hamburger w/Fries

18 Blueberry Muffin

Pancakes w/Pork Sausage Links

Vegetable Beef Soup w/Cheesy Bread

19 Mini Breakfast Bites

Cheesy Quesadilla w/Tortilla Chips

Tangy Hot Chicken Sandwich

20 Freshly Baked Maple Roll Fruit

Munch Lunch

Corndog Or PBJ

Fresh Baked Cookie

25 Yogurt & Granola Blueberries

Pizza: Meat, Cheese or Veggie

26 Breakfast Round

Toasted Cheese Sandwich

Salisbury Steak w/Mashed Potatoes & Biscuit

27 Cinnamon Roll

Moo Lunch (Yogurt w/String Cheese & Crackers)

Turkey & Cheese Sandwich w/Chips

LOCHMEAD
 Variety Low Fat Milk
 Served With Every Meal

Eat Breakfast For a GREAT START

Salad Bar
 with Fresh Salad Greens, Fruits, Veggies, & More

