

# OCTOBER 2019

# FRANKLIN MIDDLE SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Milk</b>  <b>Lochmead Dairy</b>                      All milk served is 1% or non-fat flavored or unflavored milk.</p>	<p>1 Bagel w/Cream Cheese</p> <p><b>Meaty Spaghetti w/Beef/Veggie Sauce &amp; French Bread</b></p> <p><b>Delis Ham &amp; Cheese Sandwich w/Chips</b></p>	<p>2 Freshly Baked Banana Bread</p> <p><b>French Toast Sticks w/Scrambled Eggs</b></p> <p><b>Rice w/Cheese (Arroz con Queso)</b></p>	<p>3 Biscuit</p> <p><b>3 Bean Chili w/Cornbread</b></p> <p><b>Chicken Tenders w/Dinner Roll</b></p>	<p>4 Maple Bar</p> <p><b>Southwest Black Bean &amp; Corn Nachos</b></p> <p><b>Homemade Local Veggie Burger w/Chips</b></p>
<p>7 Apple Delight</p> <p><b>Macaroni &amp; Cheese w/Chicken Mega Bites</b></p> <p><b>Deli Turkey &amp; Cheese Sandwich w/Chips</b></p>	<p>8 Benefit Bar</p> <p><b>Hawaiian Pork w/Roll &amp; Macaroni Salad</b></p> <p><b>Cheesy Garlic Bread w/Marinara</b></p>	<p>9 Pumpkin Cranberry Bar</p> <p><b>Weiner Wrap</b></p> <p><b>Chicken Pot Pie</b></p>	<p>10 Breakfast Round</p> <p><b>Bean &amp; Cheese Burrito</b></p> <p><b>Flat Bread Pizza w/Chicken &amp; Roasted Veggies</b></p>	<p>11 Belgian Waffle</p> <p><b>Fish &amp; Chips</b></p> <p><b>Hamburger w/Fries</b></p>
<p>14 Buttermilk Bar</p> <p><b>Chicken Patty Sandwich w/Fries</b></p> <p><b>Hot Deli Sandwich w/Fries</b></p>	<p>15 Bagel w/Cream Cheese</p> <p><b>Toasted Cheese Sandwich w/Chips</b></p> <p><b>Flat Bread Pizza – BBQ Chicken</b></p>	<p>16 Blueberry Muffin</p> <p><b>Mini Pancakes w/Pork Sausage Links</b></p> <p><b>Vegetable Beef Soup w/Breadstick</b></p>	<p>17 Breadstick w/Peanut Butter Cup</p> <p><b>Tangy Hot Chicken Sandwich</b></p> <p><b>Cheesy Quesadilla w/Tortilla Chips</b></p>	<p>18 Maple Roll</p> <p><b>Sack Lunch</b>                      Corndog                      Or                      PBJ                      Cookie</p>
<p>21 Apple Delight</p> <p><b>Hamburger w/Fries</b></p> <p><b>Fajita Rice Bowl w/Black Beans, Corn &amp; Chicken</b></p>	<p>22 Croissant w/Cream Cheese</p> <p><b>Chicken Pozole &amp; Rice</b></p> <p><b>Enchiladas</b></p>	<p>23 Freshly Baked Fruit Muffin</p> <p><b>Pizza: Meat, Cheese or Veggie</b></p>	<p>24 Breakfast Round</p> <p><b>Toasted Cheese Sandwich</b></p> <p><b>Salisbury Steak w/Mashed Potatoes &amp; Biscuit</b></p>	<p>25 Cinnamon Roll</p> <p><b>Turkey &amp; Cheese Sandwich w/Chips</b></p> <p><b>Moo Lunch (Yogurt w/String Cheese &amp; Crackers)</b></p>
<p>28 Buttermilk Bar</p> <p><b>Pork Tacos w/Mexi Fries</b></p> <p><b>Chicken Patty Sandwich w/Mexi Fries</b></p>	<p>29 Bagel w/Cream Cheese</p> <p><b>Meaty Spaghetti w/Beef/Veggie Sauce &amp; French Bread</b></p> <p><b>Delis Ham &amp; Cheese Sandwich w/Chips</b></p>	<p>30 NO SCHOOL</p>	<p>31 NO SCHOOL</p>	<p><b>LOCHMEAD</b>                      Variety Low Fat Milk                      Served With Every Meal</p>  <p><b>Eat Breakfast For a GREAT START</b></p>

~ Menu Subject to Change ~

This institution is an equal opportunity provider.

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