

FRANKLIN COUNTY HIGH SCHOOL LUNCH MENU

JANUARY 2019

Choice of Milk Served Daily - 1% White, Fat Free Chocolate, or Strawberry

Bakery Products are Whole Grain

Menu Subject to Change Without Notice

LUNCH							
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY			
	January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019			
MENUS 2		NO SCHOOL NEW YEARS DAY	NO SCHOOL	Soft Tacos or Chicken Fajita Wrap Or Hamburger/Cheese/Bun Refried Beans, Mexican Rice Cabbage Pico de Gallo Lettuce/Tomato Fresh Apple, Fresh Orange Pineapple Tidbits Milk	Cheese Pizza or Hamburger on Bun Or Turkey Combo Sub Box Corn Lettuce/Tomato Slice, Pickles Baby Carrots w/ Ranch Fresh Apple, Fresh Orange, Sorbet Chocolate Chip Cookie Milk		
	January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019		
MENUS 3	Bean & Cheese Burrito/Queso Or Chicken Sandwich or Spicy Chicken Sandwich Waffle Fries, Baked Beans Lettuce/Tomato/Pickles Fresh Apple, Fresh Orange Sliced Peaches Milk	General TSO Chicken/Asian Rice or Hamburger/Cheese or Chef Salad Box Egg Roll Steamed Broccoli Fresh Apple, Fresh Orange Applesauce Milk	BBQ Rib Sandwich or Hamburger/Cheese/Bun or Ham and Cheese Sub Box Baked Chips Fresh Carrots w/ Ranch Lettuce/Tomato/Pickles Fresh Apple, Banana, Pears	Chicken Nuggets/Biscuit or Taco Burger or Coney Dog Cole Slaw, Baked Chips Macaroni and Cheese Baked Beans Fresh Apple, Fresh Orange Pineapple Tidbits Milk	Big Daddy Buffalo Chicken Pizza or Chicken Patty/Bun or Hummus Box Corn Tossed Salad Fresh Carrots w/Ranch Dressing Fresh Apple, Fresh Orange Fruit Sorbet Milk		
	January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019		
MENUS 4	Buffalo Chicken Bites/WG Roll or Hamburger/Cheese/Bun or Turkey and Cheese Sub Box Mashed Potatoes Cooked Carrots Fresh Apple, Fresh Orange Sliced Peaches	Teriyaki Beef Dippers/WG Roll or Chicken Patty on Bun or Southwest Salad Box Loaded Potato Skins Green Beans Fresh Apple, Fresh Orange Applesauce	Chili, Chips, and Cheese or Hamburger/Cheese/Bun or Turkey and Cheese Sub Box Twister Fries, Tossed Salad Lettuce/Tomato/Pickles Fresh Apple, Banana Pears Milk	Chicken Nuggets/Biscuit or Taco Burger or Coney Dog Cole Slaw, Baked Chips Macaroni and Cheese Baked Beans Fresh Apple, Fresh Orange Pineapple Tidbits Milk	S&F Cheese Pizza or Hamburger/Cheese/Bun or Turkey Combo Sub box Corn Lettuce/Tomatoes/Pickles Baby Carrots w/Ranch Dressing Fresh Apple, Fresh Orange Fruit Sorbet Sugar Cookie Milk		
	January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019		
MENUS 1	NO SCHOOL MARTIN LUTHER KING JR. DAY	BRUNCH FOR LUNCH Sausage Patty/Egg Patty or Chicken Tender Basket or Hamburger/Cheese/Bun Au Gratin Potato Casserole Spinach Salad, Fresh Orange Baked Apples, Banana Biscuit/Gravy Milk	Corndog or Hamburger/Cheese/Bun or Ham and Cheese Sub Box Loaded Potato Wedges Green Beans Lettuce/Tomato/Pickles Fresh Apple, Fresh Orange Mandarin Oranges Milk	Salisbury Steak/Gravy/Roll or Chicken Patty/Bun or Spicy Chicken Patty/Bun Mashed Potatoes, Peas Lettuce, Tomato Slice, Pickles Fresh Apple, Fresh Orange Pineapple Tidbits Milk	Big Daddy Pepperoni Pizza or Chicken Patty/Bun or Hummus Box Corn Tossed Salad Fresh Carrots w/Ranch Dressing Fresh Apple, Fresh Orange Fruit Sorbet Milk		
	January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019			
MENUS 2	Pasta w/ Beef Sauce/Breadstick or Chicken Patty/Bun Or Ham and Cheese Sub Box Tossed Salad, Cooked Carrots Broccoli with Cheese Fresh Apple, Fresh Orange Sliced Peaches Milk	Chicken Nuggets/WG Roll or Hamburger/Cheese/Bun or Chef Salad Box Scalloped Potatoes Green Beans Lettuce/Tomato Slice/Pickles Fresh Apple, Fresh Orange	Hot Dog on WG Bun or Hamburger/Cheese/Bun or Turkey and Cheese Sub Box French Fries, Cole Slaw Macaroni and Cheese Lettuce/ Tomato/ Pickles Fresh Apple, Banana, Pears	Soft Tacos or Chicken Fajita Wrap or Hamburger/Cheese/Bun Refried Beans, Mexican Rice Cabbage Pico de Gallo Lettuce/Tomato Fresh Apple, Fresh Orange Pineapple Tidbits			

FRANKLIN COUNTY HIGH SCHOOL BREAKFAST MENU

JANUARY 2019

Milk, Cereal, Juice, & Fresh Fruit Served Daily

Menu Subject To Change Without Notice

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
M		January 1, 2019	January 2, 2019	January 3, 2019	January 4, 2019
E		NO SCHOOL	NO SCHOOL	Choice of Orange or Apple Juice	Choice of Grape or Orange Juice or
N		NEW YEARS DAY		Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange
U				Rich's Donut Holes (6) or	Mini Pancakes or
2				Fruit Smoothie w/ Animal Crackers	Yogurt Bar
M	January 7, 2019	January 8, 2019	January 9, 2019	January 10, 2019	January 11, 2019
E	Choice of Grape or Orange Juice	Choice of Orange or Apple Juice	Choice of Apple or Grape Juice	Choice of Orange or Apple Juice	Choice of Grape or Orange Juice or
N	Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange	Banana	Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange
U	Breakfast Pizza or	Chicken Biscuit Sandwich or	Sausage Biscuit Sandwich or	Donut with icing or	Bacon, Egg and Cheese Biscuit or
3	Pop tarts (2) Milk	Fruit Smoothie w/ Muffin Milk	Yogurt Parfait Milk	Pick Two Milk	Yogurt Bar Milk
M	January 14, 2019	January 15, 2019	January 16, 2019	January 17, 2019	January 18, 2019
E	Choice of Grape or Orange Juice	Choice of Orange or Apple Juice	Choice of Apple or Grape Juice	Choice of Orange or Apple Juice	Choice of Grape or Orange Juice or
N	Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange	Banana	Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange
U	Chicken Biscuit Sandwich or	Breakfast Pizza or	Sausage Biscuit Sandwich or	French Toast Sticks w/Sausage	Mini Pancakes or Yogurt Bar
4	Poptarts (2) Milk	Fruit Smoothie w/ Muffin Milk	Yogurt Parfait Milk	or Fruit Smoothie w/ Animal Cracker	Milk
M	January 21, 2019	January 22, 2019	January 23, 2019	January 24, 2019	January 25, 2019
E	NO SCHOOL	Choice of Orange or Apple Juice	Choice of Apple or Grape Juice	Choice of Orange or Apple Juice	Choice of Grape or Orange Juice or
N	MARTIN LUTHER	Fresh Apple or Fresh Orange	Banana	Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange
U	KING JR. DAY	Apple Cinnamon Crunch Toast or	Sausage Biscuit Sandwich or	Pancake on a Stick or	Bacon, Egg, and Cheese Biscuit or
1		Fruit Smoothie w/ muffin Milk	Yogurt Parfait Milk	Pick Two Milk	Yogurt Bar Milk
M	January 28, 2019	January 29, 2019	January 30, 2019	January 31, 2019	
E	Choice of Grape or Orange Juice	Choice of Orange or Apple Juice	Choice of Apple or Grape Juice	Choice of Orange or Apple Juice	
N	Fresh Apple or Fresh Orange	Fresh Apple or Fresh Orange	Banana	Fresh Apple or Fresh Orange	
U	Chicken Biscuit Sandwich or	Breakfast Pizza or	Sausage Biscuit Sandwich or	Rich's Donut Holes (6) or	
2	Poptarts (2) Milk	Fruit Smoothie w/ Muffin	Yogurt Parfait	Fruit Smoothie w/ Animal Crackers	

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