

Franklin Middle School

Student Menus 2019-2020

<h3>5 Star Breakfast Meal</h3> <p>ENTRÉE ★ Protein + ★ Grains ★ Fruit 1 ★ Fruit 2 ★ Milk For a complete meal you must select a minimum of three ★'s. One ★ must be a ★ FRUIT.</p>			<h3>Choose ONE Entrée</h3> <p>FRUIT Choose 1 or 2 Fruit Cup ■ 100% Fruit Juice Fresh Fruit (Seasonal)</p> <p>MILK Choose 1 1% Low Fat White Milk OR Non Fat White Milk</p>	<p>Coffee Cake with Cinnamon Crumble Topping Ham & Cheese Breakfast Croissant ■ Pop Tarts Yogurt Parfait with Fruit & Crunchy Granola Cinnamon Toast Crunch Bar ■ Cocoa Puffs Bar Reduced Sugar Cereal with French Toast Goldfish Grahams Cheese Omelet with Sunrise Bites ■ Cinnamon Roll</p>
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<h3>5 Star Lunch Meal Deal</h3> <p>Choose ONE Entrée from one of the 5 SPECIALTY FOOD COURTS</p>		<p>ENTRÉE ★ Protein + ★ Grains ★ Vegetables ★ Fruits ★ Milk For a complete meal you must select three ★'s. One ★ must be a VEGETABLE or FRUIT.</p>
<p>VEGETABLES Choose 1 or 2: <i>Daily:</i> Tossed Green Salad with Dressing ■ Fresh Veggie Cup ■ Fresh Baby Carrots ■ Pickle Pack ■ Curly Fries <i>Mondays/Fridays:</i> Corn & Black Bean Salsa</p> <p>FRUIT Choose 1 Fresh Fruit (Seasonal) ■ Fruit Cup ■ Applesauce Cup ■ Raisins ■ 100% Fruit Juice</p> <p>MILK Choose 1 1% Low Fat White Milk ■ Non Fat Chocolate Milk</p>		
<p>Menus are subject to change. Notice will be given if possible.</p>		

The Grill	Week 1	Flame Broiled Cheeseburger	Nashville Chicken Hot Bites NEW!	Grilled Chicken Pesto Sandwich NEW!
	Week 2	Hot & Spicy Chicken Burger	Western Cheeseburger with BBQ Sauce and Bacon	Italian Melt Sandwich NEW!

Asian Express	Week 1	Mandarin Orange Chicken with Rice and Fortune Cookie
	Week 2	Teriyaki Chicken Rice Bowl and Fortune Cookie

Big Daddy's Pizzeria	Week 1	Big Daddy's Cheese Pizza Slice	Big Daddy's Pepperoni Pizza Slice
	Week 2	Big Daddy's Cheese Pizza Slice	Big Daddy's Pepperoni Pizza Slice

Market Fresh Deli	Week 1	Chicken Caesar Salad with Chocolate Chip Cookie	Italian Sub Sandwich	Peanut Butter and Jelly Sandwich
	Week 2	Buffalo Chicken Salad NEW!	Double Meat and Cheese Sandwich	Peanut Butter and Jelly Sandwich

Taqueria Del Sol	Week 1	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Chicken Enchiladas NEW!
	Week 2	Walking Nachos	Arizona Gold Bean & Cheese Burrito	Chicken Chile Verde & Rice Burrito

"This institution is an equal opportunity provider."

Community Eligibility Provision

Great news for you and
your students!

All students enrolled at
Franklin Middle School
are eligible to receive a
healthy breakfast and lunch
at school each day
at **no charge** for the
2019-2020 school year.

All Franklin Middle School
students will be able to
participate in these meal
programs without having
to pay a fee or submit a
meal application.

Vallejo City Unified School District Student Nutrition Services

665 Walnut Avenue
Vallejo, CA 94592
(707) 556-8921, ext. 50010
www.vallejo.k12.ca.us



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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for
Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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VALLEJO CITY
UNIFIED SCHOOL DISTRICT

Franklin Middle School

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www.vallejostudentnutrition.com