



# FRANKLIN MIDDLE SCHOOL

## Student Menus 2019-2020

<b>5 Star Breakfast Meal</b>		
<b>ENTRÉE</b> ★ Protein + ★ Grains ★ Fruit 1 ★ Fruit 2 ★ Milk For a complete meal you must select a minimum of three ★'s. One ★ must be a ★ FRUIT.	<b>Choose ONE Entrée</b> Chicken & Waffle Sliders ■ Cinnamon Roll Yogurt Parfait with Fruit & Crunchy Granola Cocoa Puffs Bar ■ Cinnamon Toast Crunch Bar Coffee Cake with Cinnamon Crumble Topping Pop Tarts ■ Ham & Cheese Breakfast Croissant Reduced Sugar Cereal with French Toast Goldfish Grahams	<b>FRUIT Choose 1 or 2</b> Fresh Fruit (Seasonal) Fruit Cup 100% Fruit Juice  <b>MILK Choose 1</b> 1% Low Fat White Milk <b>OR</b> Non Fat White Milk

<b>5 Star Lunch Meal Deal</b>		
<b>Choose ONE Entrée from our SPECIALTY FOOD COURTS</b>	<b>ENTRÉE</b> ★ Protein + ★ Grains ★ Vegetables ★ Fruits ★ Milk For a complete meal you must select three ★'s. One ★ must be a VEGETABLE or FRUIT.	
<b>VEGETABLES Choose 1 or 2:</b> <i>Daily:</i> Tossed Green Salad with Dressing ■ Fresh Veggie Cup ■ Fresh Baby Carrots ■ Curly Fries ■ Pickle Pack <i>Mondays/Fridays only:</i> Corn & Black Bean Salsa		
<b>FRUIT Choose 1 or 2</b> Fresh Fruit (Seasonal) ■ Fruit Cup ■ Applesauce Cup ■ Raisins ■ 100% Fruit Juice <b>MILK Choose 1</b> 1% Low Fat White Milk ■ Non Fat Chocolate Milk ■ Non Fat White Milk		
Menus are subject to change. Notice will be given if possible.		

<b>Market Fresh Deli</b>	Week 1	Chicken Caesar Salad with Chocolate Chip Cookie	Italian Sub Sandwich	Peanut Butter and Jelly Sandwich	<b>Taqueria Del Sol</b>	Week 1	Walking Nachos	Arizona Gold Bean and Cheese Burrito	Chicken Enchiladas			
	Week 2	Buffalo Chicken Salad	Double Meat and Cheese Sandwich	Peanut Butter and Jelly Sandwich		Week 2	Walking Nachos	Arizona Gold Bean and Cheese Burrito	Chicken Chile Verde and Rice Burrito			
<b>Big Daddy's Pizzeria</b>	Week 1	Big Daddy's Cheese Slice	Big Daddy's Pepperoni Slice	Baked Ziti <b>NEW!</b>	<b>Asian Express</b>	Week 1	Mandarin Orange Chicken with Rice and Fortune Cookie	<b>The Grill</b>	Week 1	Flame Broiled Cheeseburger	Nashville Chicken Hot Bites	Grilled Chicken Pesto Sandwich
	Week 2	Big Daddy's Cheese Slice	Big Daddy's Pepperoni Slice	Baked Ziti		Week 2	Teriyaki Chicken Rice Bowl and Fortune Cookie		Week 2	Hot & Spicy Chicken Burger	Western Cheeseburger BBQ Sauce & Bacon	Italian Melt Sandwich

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