



FRANKLIN SQUARE ELEMENTARY OCTOBER 2018

LUNCH \$1.85 - ENTREE \$1.85

ALL BREAD & GRAIN ITEMS ARE WHOLE GRAIN

DAILY ENTREES:

TURKEY & CHEESE, HAM & CHEESE AND PBJ OR

SUNFLOWER SEED BUTTER ON WG

BREAD, ROLLS, WRAPS. YOGURT PARFAITS &

YOGURT-BASED SMOOTHIES W/FRUIT, VEGETABLE,

& GRANOLA/GRAHAM CRACKERS

FRESH NYS APPLES, ORANGES & BANANAS

FRESH CARROTS, CELERY & CUCUMBERS

FRESH BAKERY BUNDLE BAGEL WITH CREAM

CHEESE OR BUTTER, BABY CARROTS & CHOICE OF

YOGURT, CHEESE STICKS OR HARDBOILED EGGS.

CEREAL LUNCH WITH STRING CHEESE

HUMMUS W/PITA CHIPS & FRESH VEGGIES

DAILY SIDE SALAD AS AN ADDITIONAL VEGETABLE,

CONSISTING OF: 1 CUP ROMAINE LETTUCE,

SPINACH, KALE OR SPRING MIX, WITH SEASONAL

VEGETABLES

GRAB N GO ENTRÉE SALADS:

OVEN ROASTED CHICKEN CAESAR SALAD;

CHEF SALAD W/TURKEY & /OR HAM (P);

SOUTHWESTERN CHICKEN; TUNA SALAD OVER

GREENS, ETC. ALL SERVED WITH WG ROLLS,

CROUTONS, TORTILLA CHIPS, OR OTHER

COMPLIANT GRAIN OFFERING.

(P) PORK - WMM WHOLE MUSCLE MEAT

GLUTEN FREE OPTIONS AVAILABLE DAILY,

INCLUDING GLUTEN FREE WMM BREADED

CHICKEN PRODUCTS

DAILY MILK OFFERINGS ARE 1% WHITE, FF

WHITE OR FLAVORED FF MILK

ASSORTED 100% JUICES

PLEASE CONTACT DE WITH ANY CONCERNS

@481-4100 X3365



This institution is an equal opportunity provider.

1
PULLED PORK ON WG BUN (P) OR (WMM) CHICKEN TENDERS W/BBQ OR HONEY MUSTARD
Roasted Butternut Squash
Baked Beans
Fresh Pineapple

2
CHEESE OR CHICKEN PEPPERONI CHEESE PIZZA OR (WMM) BUFFALO CHICKEN WRAP
Caesar Salad
Green Beans
Fresh Pear

3
(WMM) CHICKEN TERIYAKI BROWN RICE WG DINNER ROLL OR (P) HOT HAM & CHEESE ON A BAGEL
Red Pepper Strips
Cucumber Coins with Ranch or Italian Dressing
Fresh Watermelon

4
NATIONAL TACO DAY BEEF TACOS W/ CHEDDAR CHEESE LETTUCE, SALSA SOUR CREAM WG RICE OR NACHOS W/CHICKEN, CHEDDAR CHEESE
Pinto Beans, Mexicali Corn, NYS Fresh Apple

5
HAMBURGER OR CHEESEBURGER ON WG BUN W/CHOICE OF LETTUCE, TOMATO, ONION & PICKLES OR GRILLED CHEESE SANDWICH TOMATO SOUP
Cucumber Sticks
Fresh Grapes

8
COLUMBUS DAY
SCHOOLS CLOSED

9
CHEESE PIZZA OR CHEESE PIZZA W/BROCCOLI OR TURKEY AND CHEESE WRAP
Cherry Tomatoes
Baby Carrots
Applesauce Cup

10
BRUNCH FOR LUNCH CRISPY (WMM) CHICKEN & WAFFLE OR FRENCH TOAST STICKS TURKEY SAUSAGE PATTY
Sweet Potato Fries
Roasted Zucchini
Strawberries

11
PASTA GARLIC & OLIVE OIL PARMESAN CHEESE OR CHEESE STUFFED BREADSTICKS WITH MARINARA SAUCE
Broccoli Florets
Fiesta Corn
Fresh NYS Apple

12
CHICKEN LO MEIN W/GARLIC GINGER SAUCE OR HOMEMADE BAKED MACARONI & CHEESE
Celery Sticks, Cherry Tomatoes (cut in 1/2)
WG Dinner Roll
Fresh Orange

15
CHICKEN QUESADILLA ON SOFT TORTILLAS, CHEDDAR CHEESE & TOMATO- SALSA (WMM) CHICKEN PATTY ON WG ROLL- LETTUCE, TOMATO, DRESSING CHOICE
Black Beans, Baby Carrots
Peach Cup

16
CHEESE PIZZA WITH OR WITHOUT CHICKEN PEPPERONI OR (WMM) GENERAL TSO'S CHICKEN WG RICE
Broccoli Florets
Red & Green Pepper Strips
Fresh NYS Apple

17
NATIONAL PASTA DAY PASTA W/W BEEF MEAT SAUCE OR PASTA GARLIC & OLIVE OIL PARMESAN CHEESE TOASTED GARLIC BREAD
Baby Carrots, Celery Sticks
Fresh Orange

18
BEEF MEATBALL PARMESAN WITH MARINARA ON A WG ROLL OR (WMM) CHICKEN TENDER WRAP
Roasted Garlic Cauliflower,
Celery Sticks, Applesauce

19
(WMM) BONELESS BREADED CHICKEN WINGS WITH BBQ OR BUFFALO SAUCE W/WG ROLL OR HAMBURGER/ CHEESEBURGER ON A WG BUN-LETTUCE, TOMATO, ONION, PICKLES
Cucumber Salad
Potato Tots
Fresh Orange

22
(WMM) CHICKEN TENDERS WITH BBQ OR HONEY MUSTARD OR BEEF BURRITO SPANISH RICE
Celery Sticks, Pinto Beans
Fresh NYS Apple

23
CHEESE OR CHICKEN PEPPERONI PIZZA OR MOZZARELLA STICKS WITH MARINARA SAUCE WG DINNER ROLL
Broccoli, Carrot Coins
Fresh Pear

24
FAJITA WMM CHICKEN MACARONI & CHEESE WITH BREADSTICK OR CRUNCHY FISH TACOS
Cheese, Lime Coleslaw, Salsa
Southwest Salad
Red Pepper Strips
Fresh Orange

25
OVEN ROASTED TURKEY WITH GRAVY ON TOASTED BREAD GARLIC MASHED POTATOES OR PIZZA BAGEL
Green Beans,
Peach Cup

26
MELTED CHEESE SANDWICH CREAMY TOMATO SOUP OR (WMM) CHICKEN PARMESAN ON A WG BUN WITH MARINARA
Cucumber Sticks
Fresh Grapes

29
CHICKEN QUESADILLA ON SOFT TORTILLAS, CHEDDAR CHEESE & TOMATO SALSA (WMM) CHICKEN PATTY ON WG ROLL- LETTUCE, TOMATO, DRESSING CHOICE
Black Beans, Baby Carrots
Fresh Pear

30
CHEESE PIZZA OR CHEESE PIZZA W/BROCCOLI OR TURKEY AND CHEESE WRAP
Cherry Tomatoes
Baby Carrots
Peach Cup

31
HALLOWEEN TURKEY FRANKFURTER ON WG BUN - SAUERKRAUT OR CHEESEBURGER ON WG BUN
French Fries
Pickles
NYS Fresh Apple