



FRANKLIN ELEMENTARY

2019-2020 BREAKFAST AND LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	<i>Choice of One:</i> Chicken Biscuit Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit ***Milk Choice each day	<i>Choice of One:</i> French Toast Sticks Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit	<i>Choice of One:</i> Egg/Cheese Biscuit Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit	<i>Choice of One:</i> Tony's Breakfast Pizza Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit	<i>Choice of One:</i> Kellogg's Poptart or Cinnamon Roll Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit
WEEK 2	<i>Choice of One:</i> Sausage Biscuit Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit ***Milk Choice each day	<i>Choice of One:</i> Pancakes w/Sausage Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit	<i>Choice of One:</i> Yogurt & Keebler Grahams Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit <i>(Nov. - March)</i> Hot Oatmeal w/Toppings or Choice of WG Cereals	<i>Choice of One:</i> Ham Biscuit Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit <i>(Nov. - March)</i> Biscuit & Gravy Choice of WG Cereals	<i>Choice of One:</i> WG Pastry Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit

August '19
Wk 1: 8/14-8/16
Wk 2: 8/19-8/23
Wk 1: 8/26-8/30
September '19
Wk 2: 9/2-9/6
Wk 1: 9/9-9/13
Wk 2: 9/16-9/20
Wk 1: 9/23-9/27
October '19
Wk 2: 9/30-10/4
Wk 1: 10/14-10/18
Wk 2: 10/21-10/25
Wk 1: 10/5-11/1
November '19
Wk 2: 11/4-11/8
Wk 1: 11/11-11/15
Wk 2: 11/18-11/22
Wk 1: 11/25-11/29
December '19
Wk 2: 12/2-12/6
Wk 1: 12/9-12/13
Wk 2: 12/16-12/20
January '20
Wk 1: 1/6-1/10
Wk 2: 1/13-1/17
Wk 1: 1/20-1/24
Wk 2: 1/27-1/31
February '20
Wk 1: 2/3-2/7
Wk 2: 2/10-2/14
Wk 1: 2/17-2/21
Wk 2: 2/24-2/28
March '20
Wk 1: 3/2-3/6
Wk 2: 3/9-3/13
Wk 1: 3/16-3/20
Wk 2: 3/23-3/27
April '20
Wk 1: 3/30-4/3
Wk 2: 4/13-4/17
Wk 1: 4/20-4/24
Wk 2: 4/27-5/1
May '20
Wk 1: 5/4-5/8
Wk 2: 5/11-5/15
Wk 1: 5/18-5/22

*Complete BREAKFAST includes: Entrée, 100% Juice or Fruit and Milk (All students must take a fruit serving)
 *AVAILABLE DAILY - Healthy Milk Choices (1% White, Fat Free Chocolate, Fat Free Strawberry)
 *Menu items are subject to change due to product availability

**BREAKFAST IS
 FREE
 FOR ALL STUDENTS
 EVERY SCHOOL DAY.
 (Just thought we'd remind you.)**



First things First

**To make a breakfast,
 choose at least one**

Fruit

or

Juice

and at least three items total

Fruit

Grains

Milk

Go to www.simpson.kyschools.us for the latest program information, menus and menu analysis.
 *Use our on-line system at www.mySchoolBucks.com to view your child's account and even pay for their meals

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Submit your completed form or letter to USDA by:

(1) mail: U.S. Department of Agriculture

(2) fax: (202) 690-7442; or

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Office of the Assistant Secretary for Civil Rights

(3) email: program.intake@usda.gov

1400 Independence Avenue, SW

Washington, D.C. 20250-9410;

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Tyson Chicken Tenders Mashed Potatoes Baked Beans Mixed Berry Fruit Cup <i>***Milk Choice each day</i>	Cheeseburger or Grilled Chicken on WG Bread Lettuce, Tomato, Pickle Baked French Fries Sliced Peaches	Tony's Cheese or Pepperoni Pizza Green Beans Fresh Fruit Dessert <i>(Nov. - March)</i> Ravioli w/Meat Sauce & Breadstick Romaine Salad Chilled Grapes Dessert	Beef Taco's (2) w/Tomato, Lettuce & Cheese Toppings, Spanish Rice Orange Wedges <i>(Nov. - March)</i> Chicken Noodle Soup w/Crackers or Potato Soup w/Crackers and Sandwich, Romaine Salad, Pineapple Tidbits	<u>Breakfast for Lunch</u> Egg/Bacon/Cheese Scramble WG Biscuit Breakfast Potatoes Blueberries <i>(Nov. - March)</i> Salisbury Steak w/Egg Noodles Green Beans Fresh Fruit
WEEK 2	Tyson Chicken Rings or Oven Baked Chicken Mashed Potatoes Sliced Pears Fresh Fruit <i>***Milk Choice each day</i>	<u>Sack Lunch</u> Jennie-O Turkey & Cheese on WG or PB&J Uncrustable Baked Potato Chips, Raisins Carrot & Celery Sticks w/Dip Dessert - Rice Krispy Treat	Tony's Cheese Pizza or Pepperoni Pizza Romaine Salad Corn Flavored Applesauce	Spaghetti w/Meat Sauce Baked Garlic Breadstick Romaine Salad Strawberry Cup <i>(Nov. - March)</i> Chili w/Crackers & Sandwich Romaine Salad Strawberry Cup	Beefy Nacho's w/WG Chips & Salsa Refried Beans Chilled Grapes Dessert <i>(Nov. - March)</i> Spaghetti w/Meat Sauce Baked Garlic Breadstick Romaine Salad Mandarin Oranges
WEEK 3	Chicken 'n Dumplings Mashed Potatoes California Blend Vegetables Baked Cinnamon Apples <i>(Nov. - March)</i> WG Cheesy Breadsticks Marinara Dipping Sauce California Blend Vegetables Baked Cinnamon Apples <i>***Milk Choice each day</i>	Corndog or Hot Dog w/WG Bun Baked French Fries Sliced Pears Carrot Sticks w/Dip	Bosco Cheese Breadsticks Marinara Dipping Sauce Seasoned Peas Peach Cup Fresh Fruit <i>(Nov. - March)</i> Chicken Quesadilla Spanish Rice Corn Pineapple Tidbits	Orange Chicken Rice Bowl Egg Roll Romaine Salad Applesauce <i>(Nov. - March)</i> BBQ on WG Bun or Vegetable Beef Soup w/Crackers and Cheese Toast Steamed Broccoli or Romaine Salad Baked Beans Applesauce	Fish Nuggets Macaroni & Cheese White Beans Blueberries Dessert

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School Lunch
LET'S GROW HEALTHY