



# FRANKLIN SIMPSON HIGH SCHOOL 2019-2020 BREAKFAST AND LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<b>Choice of One:</b> Chicken Biscuit Sausage/Egg on English Muffin Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit  ***Milk Choice each day (1% White, Fat Free Chocolate, Fat Free Strawberry) ***Grab 'n Go Breakfast Cart available daily in the Front Lobby	<b>Choice of One:</b> French Toast Sticks Sausage Biscuit Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit	<b>Choice of One:</b> Pancakes w/Sausage Links Pillsbury Mini Cinnis Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit	<b>Choice of One:</b> Tony's Breakfast Pizza Sausage/Biscuit/Gravy Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit	<b>Choice of One:</b> Egg/Cheese Biscuit Chicken Biscuit Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit
<b>WEEK 2</b>	<b>Choice of One:</b> Chicken Biscuit WG Pastry Choice Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit  ***Milk Choice each day (1% White, Fat Free Chocolate, Fat Free Strawberry) ***Grab 'n Go Breakfast Cart available daily in the Front Lobby	<b>Choice of One:</b> Egg/Cheese/Bacon Biscuit Sausage Biscuit Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit	<b>Choice of One:</b> Eggo Chocolate Chip French Toast Chicken Biscuit Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit	<b>Choice of One:</b> Sausage/Egg Biscuit Sausage/Biscuit/Gravy Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit	<b>Choice of One:</b> Chicken Biscuit Pillsbury Mini Bagels w/Cream Cheese Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals  100% Fruit Juice, Fresh fruit or canned fruit

\*Complete BREAKFAST includes: Entrée, 100% Juice or Fruit and Milk (All students must take a fruit serving)

\*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

Grains Milk

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

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Submit your completed form or letter to USDA by:

(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](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.

Please visit the Food Service page of the Simpson County Schools website for the latest program information, menus and menu analysis: [www.simpson.kyschools.us](http://www.simpson.kyschools.us)

\*Use our on-line system to view your child's account and even pay for their meals: [www.mySchoolBucks.com](http://www.mySchoolBucks.com)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>WEEK 1</b>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Tyson Chicken Tenders w/Texas Toast Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Mashed Potatoes, Seasoned Peas, Applesauce, Fresh Fruit or 100% Juice</p>	<p><b>Choice of One Box Meal:</b> *Turkey Ham or Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Spaghetti w/Breadstick Choice of Tony's Pizza <b>Sides:</b> Romaine Garden Salad, Green Beans, Mixed Berry Cup, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Parfait Bar w/Toppings *Salad Bar</p> <p><b>or Main Line Entrée:</b> Chicken or Beef Fajita Nacho's w/Toppings &amp; Salsa Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Lettuce/Tomato/Cheese Cups, Spanish Rice, Refried Beans, Pineapple Tidbits, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Turkey Ham or Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Cheeseburger/Hamburger on WG Bun Tyson Spicy Chicken on WG Bun Choice of Tony's Pizza <b>Sides:</b> Corn, Baked French Fries, Lettuce/Tomato/Pickle, Sliced Peaches, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Parfait Bar w/Toppings *Salad Bar</p> <p><b>or Main Line Entrée:</b> Fish Nuggets w/Cornbread BBQ Chicken on WG Panini Bread Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Lima Beans, Macaroni &amp; Cheese, Assorted Veggies w/Dip, Mandarin Oranges, Fresh Fruit or 100% Fruit Juice <i>Dessert</i></p>
<b>WEEK 2</b>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Tyson Spicy Buffalo Wings w/Texas Toast Tyson Chicken Rings w/Texas Toast Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Mashed Potatoes, Steamed Broccoli, California Blend Vegetables Sliced Pears, Fresh Fruit or 100% Juice</p>	<p><b>Choice of One Box Meal:</b> *Turkey Ham or Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Choice of Soup or Chili w/Sandwich or Potato Bar w/Toppings Tyson Chicken Chili Crisпитos w/Sauce Choice of Tony's Pizza <b>Sides:</b> Romaine Garden Salad, Green Beans, Scalloped Potatoes, Pineapple Tidbits, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Parfait Bar w/Toppings *Salad Bar</p> <p><b>or Main Line Entrée:</b> Soft or Hard Shell Taco's (Beef or Chicken) Nacho's w/Toppings &amp; Salsa Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Lettuce/Tomato/Cheese Cups, Spanish Rice, Refried Beans, Sliced Peaches, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Turkey Ham or Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Corndog Tyson Breaded Chicken Patty on WG Choice of Tony's Pizza <b>Sides:</b> Baked French Fries, Baked Beans, Assorted Veggies w/Dip, Strawberry Cup, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Parfait Bar w/Toppings *Salad Bar</p> <p><b>or Main Line Entrée:</b> Orange Chicken Rice Bowl w/Egg Roll Hot Ham &amp; Cheese on WG Panini Bread Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Romaine Garden Salad, Corn, Mandarin Oranges, Fresh Fruit or 100% Fruit Juice <i>Dessert</i></p>
<b>WEEK 3</b>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Tyson Chicken Tenders w/TX Toast Tyson Grilled Chicken on WG Bun Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Scalloped Potatoes, Glazed Carrots, Assorted Veggies w/Dip, Baked Cinnamon Apples, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Turkey Ham or Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Cheesy Chicken Casserole w/WG Roll Nacho's w/Toppings &amp; Salsa Choice of Tony's Pizza <b>Sides:</b> Seasoned Peas, Romaine Garden Salad, Peach Cup, Fresh Fruit or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Parfait Bar w/Toppings *Salad Bar</p> <p><b>or Main Line Entrée:</b> WG Cheesy Bread Country Fried Steak w/Gravy &amp; WG Biscuit Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Marinara Sauce, Mashed Potatoes, Romaine Garden Salad, Fresh Fruit, Blueberries or 100% Fruit Juice</p>	<p><b>Choice of One Box Meal:</b> *Turkey Ham or Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> Cheeseburger/Hamburger on WG Bun Hot Dog on WG Bun Choice of Tony's Pizza <b>Sides:</b> Baked French Fries, Lettuce/Tomato/Pickle, Assorted Veggies w/Dip, Fresh Fruit, Applesauce or 100% Fruit Juice <i>Dessert</i></p>	<p><b>Choice of One Box Meal:</b> *Ham or Jennie-O Turkey Sub Box *PB&amp;J Uncrustable Box *Yogurt Box *Salad Bar</p> <p><b>or Main Line Entrée:</b> <u>Breakfast for Lunch</u> Sausage, Egg &amp; Cheese Biscuit Pancakes w/Sausage Links Yogurt Parfait w/Fruit &amp; Granola Bosco Cheese Stuffed Breadsticks <b>Sides:</b> Breakfast Potatoes, Romaine Garden Salad, Strawberries Fresh Fruit or 100% Fruit Juice</p>

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May '20
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Wk 3: 5/11-5/15
Wk 1: 5/18-5/22

All meals are served with 1% White Milk, Fat Free Chocolate or Fat Free Strawberry Milk.

**Salad Bar** is served with romaine lettuce, a variety of fresh vegetables, cottage cheese, crackers & dressing plus a choice of fresh fruit & canned fruit. **Yogurt Parfait Bar** is served with vanilla & strawberry yogurt & toppings: fresh fruit, granola, graham crackers, banana bread, fruit choices, sprinkles & chocolate chips. **Yogurt Boxed Meals** are served with a 4oz yogurt cup, string cheese, fresh veggies & graham crackers plus your choice of fresh fruit & canned fruit.

**Sub Boxed Meals & PB&J Boxed Meals** are served with your choice of fruits & vegetables and baked potato chips.

\*Menus are subject to change due to product availability.

