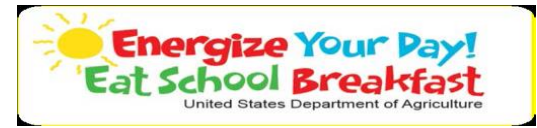




FRANKLIN SIMPSON MIDDLE SCHOOL 2019-2020 BREAKFAST AND LUNCH MENU



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	Choice of One: Chicken Biscuit Breakfast Burrito or Apple Cinn Bosco 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 by the gymnasium	Choice of One: 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	Choice of One: 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 <i>(Nov. - March)</i> Hot Oatmeal w/Toppings or Yogurt, Poptart & Cereal Choices	Choice of One: 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	Choice of One: 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
WEEK 2	Choice of One: 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 gymnasium	Choice of One: WG Cinnamon Rolls Sausage Biscuit Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit	Choice of One: 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	Choice of One: Eggo Chocolate Chip French Toast Sausage/Biscuit/Gravy Yogurt Parfait Bar w/Toppings Kellogg's WG Poptarts Choice of WG Cereals 100% Fruit Juice, Fresh fruit or canned fruit	Choice of One: Egg/Cheese/Bacon Biscuit Ham/Cheese Biscuit 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

Fruit, Juice, Grains, Milk

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

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA. Persons with disabilities who require alternative means of communication for program information (e.g. Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English. To file a program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, (AD-3027) found online at: http://www.ascr.usda.gov/complaint_filing_cust.html, and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992.

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

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

*Use our on-line system to view your child's account and even pay for their meals: www.mySchoolBucks.com

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

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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.

