



OCTOBER | 2017

Frankfort Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 **French Toast 1---Nachos 2---Enchilada 3---Cheese Sandwich V---Black Beans/Salsa F---Orange Smiles	3 **Breakfast Sandwich 1---**Fettuccini Alfredo w/Roll 2---Hot Dog on a Bun 3---PB&J w/Protein V---Roasted Broccoli F---Applesauce	4 Breakfast Pizza 1---Chicken Tenders w/ Bread 2---BBQ Pork Sandwich 3--- PB&J w/Protein V---**Baked Potato F---**Fresh Apples	5 **Pancakes and Sausage 1---Pizza 2---**Homemade Chicken Pot Pie 3--- PB&J w/Protein V---**Salad Bar F---Peaches	6 **HM Muffin and Smoothies 1---Bacon Cheeseburger 2-- Grilled Cheese w/Soup 3--- PB&J w/Protein V---**Sweet Potato F---**Fresh Fruit
9 **Breakfast Scrambler w/toast 1---Tacos 2---Chicken Burrito 3--- PB&J w/Protein V---Corn F---Mandarin Oranges	10 French Toast Sticks 1---Lasagna w/Bread 2---Club Sub 3--- PB&J w/Protein V---**Asparagus F---**Apples	11 **Breakfast Burrito 1---Chicken Patty Sandwich 2---Cheese Pizza 3--- PB&J w/Protein V---**Carrots and Dip F---**Pears	12 Breakfast Bosco Sticks 1---Pepperoni Pizza 2---Sloppy Joe 3--- PB&J w/Protein V---**Salad Bar F---Bananas and **Apples	13 Cinnamon rolls 1---Burger 2---Fish Sandwich 3---Cheese Sandwich V---Baked Beans F---**Fresh Fruit
16 Breakfast Pizza 1---Chicken Drumsticks 2---Hot Ham and Cheese 3--- PB&J w/Protein V---**Roasted Potatoes F---Applesauce	17 **Pancakes 1---**Goulash w/Bread 2---Grilled Cheese w/Soup 3--- PB&J w/Protein V---Peas F---**Fresh Fruit	18 **Breakfast Burrito 1---Footlong Hot Dog 2---**Chili w/cornbread 3---Cheese Sandwich V---**Panther Fries F---Mixed Fruit	19 Breakfast Bagel Sandwich 1---Pizza 2---Stuffed Pepper w/Roll 3--- PB&J w/Protein V---**Salad Bar F---Slush Cups	20 Smoothies & French Toast Sticks 1---Corn Dogs 2---**Flatbread Pizza 3--- PB&J w/Protein V---Cheesy Broccoli F---**Apples and Bananas
23 Breakfast Pizza 1---Popcorn Chicken w/Roll 2---Club Sandwich 3--- PB&J w/Protein V---Seasoned Green Beans F---**Fresh Fruit WG Breadsticks	24 **Pancakes 1---Breakfast Sandwich 2---Meat lovers Quiche 3--- PB&J w/Protein V---**Hashbrowns F---**Fruit Salad	25 Waffle Sticks w/ Sausage 1---Ravioli w/Roll 2---Burgers 3--- PB&J w/Protein V---California Blend F---Pineapple	26 **Scrambled Eggs and Toast 1---Pizza 2---Quesadilla w/chicken 3--- PB&J w/Protein V---**Red Peppers and Carrots/Hummus F---Orange Smiles	27 Cinnamon Rolls 1---Tacos 2---Fish Sticks 3--- PB&J w/Protein V---Refried Beans/Spanish Rice F---Slush Cups
30 Breakfast Pizza 1---Chicken Tenders w/Roll 2---Cheese Pizza 3---PB & Jelly Sandwich w/Yogurt V---Roasted Broccoli F---Applesauce	31 **Cinnamon French Toast 1---Spook-Ghetti 2---Ghastly Chicken Caesar Salad 3--- PB&J w/Protein V---Slimy Corn F---Witchy Peaches Ward off Vampire Bread			100% Fruit Juice is offered at Breakfast Tuesday and Thursday. Fortified 1% White Milk and Fortified 1% Chocolate and/or Strawberry Milk are offered at breakfast and lunch every day. Menu is subject to change. Oatmeal will be served often as an alternative hot breakfast option.

News

Homecoming Week 2nd – 6th Go Panthers!

October 12th -13th ~ Half Days Parent Teacher Conferences

October 31st ~Happy Halloween!

**** = Meals Made with Local Items**

NEW!

- ✓ **Free and Reduced Forms now can be completed online at LunchApp.com or paper is still available as well**
- ✓ **Online Payments for lunch accounts at sendmoneytoschool.com**

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