



SEPTEMBER | 2017

Frankfort Elementary

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
100% Fruit Juice are offered at Breakfast Tuesday and Thursday. Fortified 1% White Milk and Fortified Fat Free 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 breakfast option.				1 No School –Summer Break
4 Labor Day No School	5 Breakfast Burrito 1---Cheeseburger on Bun 2---Grilled Cheese 3---PB & J w/protein V---French Fries F---Mixed Fruit	6 Pancakes and Sausage 1---Nachos w/Beef 2---Fajitas 3---PB & J w/protein V---Black Beans/Corn F---Mandarin Oranges	7 Breakfast Sandwich 1---Pepperoni Pizza 2---Turkey Wrap 3---PB & Jelly Sandwich w/Yogurt V---Salad Bar F---Peaches	8 Cinnamon Rolls and Yogurt 1---Chicken Patty on a Bun 2---Cheese Quesadilla 3---PB & J Sandwich w/Yogurt V---Green Beans F---Bananas
11 Breakfast Bagel 1---Footlong Hotdog 2---Pulled Pork Sandwich 3---PB & J w/cheese V---Baked Beans F---Slush Cup	12 Pancakes 1---Spaghetti w/meat sauce 2---Hot Ham and Cheese 3---PB & J Sandwich w/Yogurt V---Corn F---Fresh Fruit	13 Breakfast Pizza 1---Chicken Tenders w/Roll 2---Cheese Pizza 3---PB & Jelly Sandwich w/Yogurt V---Roasted Broccoli F---Applesauce	14 Cinnamon French Toast 1---Pizza 2---Fish Sandwich 3---PB & J Sandwich w/Yogurt V---Salad Bar F---Slush Cup	15 Breakfast Bosco Sticks 1---Cheeseburger on a Bun 2---Enchiladas 3---PB & J Sandwich w/Yogurt V---Carrots F---Apples and Bananas
18 Breakfast Burrito 1---Mini Corn Dogs 2---Chicken Quesadilla 3---PB & Jelly Sandwich w/Yogurt V---Roasted Broccoli F---Peaches	19 Breakfast Pizza 1---Pancakes w/sausage 2---Scrambled eggs 3---PB & J Sandwich w/Yogurt V---Hash browns F---Oranges	20 Egg Sandwich 1---Ravioli w/Roll 2---Grilled Ham & Cheese 3---PB & J Sandwich w/Protein V---Sweet Potato Fries F---Pears	21 French Toast Sticks 1---Pepperoni Pizza 2---French Toast 3---PB & J Sandwich w/Yogurt V---Salad Bar F---Mandarin Oranges	22 Cinnamon Rolls 1---Chicken Nuggets w/Roll 2---H/M Mac and Cheese 3---PB & J Sandwich w/Yogurt V---Peas F---Applesauce
25 Waffle Sticks w/sausage 1---Chicken Drumsticks w/Roll 2---Sloppy Joe 3---PB & J Sandwich w/protein V---Mashed Potatoes/Gravy F---Bananas	26 Muffins and Yogurt 1---Chicken Patty Sandwich 2---Turkey Wrap 3---PB & J Sandwich w/Yogurt V---Fresh Tomato Salad F---Baked Apples	27 Breakfast Burrito 1---Beef Tacos 2---Chicken Enchiladas 3---PB & J Sandwich w/protein V---Refried Beans w/chips F---Fruit Salsa/Pears	28 Scrambled Eggs and Toast 1---Pizza Choices 2---Grilled Cheese w/soup 3---PB & J Sandwich w/protein V---Green Beans F---Fresh Fruit	29 Pancakes 1---Cheeseburger 2---Chicken Stir Fry 3---PB & J Sandwich w/Yogurt V---Salad Bar F---Apples

News

Welcome back and hope everyone had a great summer!

Updated Prices: NEW MEAL PRICES:

Full Cost Breakfast.....\$1.55
Reduced Cost Breakfast.....\$0.30
Full Cost Lunch.....\$2.55
Reduced Cost Lunch.....\$0.40
Student Lunch Entrée.....\$1.55
Milk.....\$0.50

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**

The USDA is an equal opportunity provider.