



DECEMBER | 2017

Frankfort JR/SR High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.				1 Muffins and Smoothies ** 1---Chicken Pot Pie w/Roll 2---Fish Sandwich 3---PB&J w/Protein 4---Chef's Salad 5---Pizza V---Peas F---Apples and Bananas **
4 Breakfast Bagel Sandwich** 1---Chicken Tenders w/Roll 2---Grilled Cheese and Soup 3---PB&J w/Protein 4---Chef's Salad 5---Veggie Spaghetti (Squash) ** V---Carrots w/Dip ** F---Slush Cups	5 Granola & Yogurt Bar** 1---Beef Tacos 2---Cheese Quesadilla 3---PB&J w/Protein 4---Turkey Sub 5---Calzone V---Refried Beans F---Mandarin Oranges	6 Breakfast Burrito** 1---Corn Dogs 2---Roast Herbed Chicken ** 3---PB&J w/Protein 4---Chef's Salad 5---Pizza V---Broccoli F---Fresh fruit salad **	7 Pancakes** 1---Pepperoni Pizza 2---Turkey Wrap 3---PB&J w/Protein 4---Chef's Salad 5---Bosco Sticks V---Salad Bar F---Peaches	8 Cinnamon Rolls** 1---Cheeseburger 2---Pulled Pork Sandwich 3---PB&J w/Protein 4---Club Sub 5---Bosco Sticks V---French Fries F---Applesauce
11 Waffles with Blueberry Sauce** 1---Breakfast Sandwich** 2---Cinnamon French Toast ** 3---PB&J w/Protein 4---Chef's Salad 5---Bosco Sticks V---Hashbrowns ** F---Peaches	12 Breakfast Burrito** 1---Spaghetti w/ Bread 2---Flatbread Pizza 3---PB&J w/Protein 4---Chicken Caesar Salad 5---Meatball Sub V---Carrots and Celery w/Hummus F---Orange Wedges	13 Breakfast Sandwich** 1---Breaded Chicken Sandwich 2---Chicken Curly Pasta 3---PB&J w/Protein 4---Chef's Salad 5---Hot Ham and Cheese V---Green Beans F---Applesauce	14 Scrambled Eggs and Toast** 1---Pepperoni Pizza 2---Chicken Caesar Wraps 3---PB&J w/Protein 4---Club Sub 5---Bosco Sticks V---Salad Bar F---Fresh Fruit **	15 Smoothies and French Toast** 1---Nachos 2---Fajitas 3---PB&J w/Protein 4---Sub 5---Philly Cheese Sub V---Black Bean/Spanish Rice F---Slush Cups
18 Pizza 1---Bosco Sticks w/Sauce 2---Chicken and Noodles 3---PB&J w/Protein 4---Chef's Salad 5---Club Sub V---Roasted Carrots F---Pears	19 Pancakes** 1---Chicken Nuggets w/Roll 2---Tator Tot Casserole w/Roll 3---PB&J w/Protein 4---Chef's Salad 5---Pizza V---Green Beans F---Baked Apples **	20 Breakfast Scrambler** 1---Foot long Hot Dog 2---Club Sub 3---PB&J w/Protein 4---Chef's Salad 5---Pepperoni Pizza V---Baked Beans F---Slush Cups	21 Breakfast Buffet <u>Christmas Dinner</u> Turkey Ham Mashed Potatoes & Gravy Corn Rolls Stuffing Ice Cream Bar	22 No School XMAS Break
25 No School XMAS Break	26 No School XMAS Break	27 No School XMAS Break	28 No School XMAS Break	29 No School XMAS Break

News

Annual Christmas Dinner December 21st!

Christmas Break Starts December 22nd and School Resumes January 3rd!

Happy Holidays!!!

✓ **Online Payments for lunch accounts at sendmoneytoschool.com**

The USDA is an equal opportunity provider.