



JANUARY | 2018

Frankfort JR/SR High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 New Year's Day	2 Last Day of Winter Break	3 French Toast 1---Chicken Tenders w/Roll 2---H/M Quesadilla 3---PB&J 4---Turkey Wrap 5---Pepperoni Pizza V---Green Beans F---Pears	4 Breakfast Burrito 1---Pepperoni Pizza 2---Pulled Pork Sandwich 3---Cheese Sandwich w/side 4---Club Sub 5---Chicken Quesadilla V---Salad Bar F---Fruit Slushies	5 Cinnamon Rolls and Oatmeal 1---Tacos w/Beef 2---Fajitas 3---PB&J 4---Turkey Wrap 5---Pizza V---Refried Beans F---Mandarin Oranges
8 Breakfast Pizza 1---Breaded Chicken Sandwich 2---Meat Loaf w/Bread 3---PB&J 4---Chef Salad 5---Pizza V---Roasted Potatoes F--- Apples	9 Pancakes w/Sausage 1---Goulash w/ Roll 2---Herb Roasted Chicken w/Roll 3---PB&J 4---Chef Salad 5---Flatbread Pizza V---Roasted Carrots F---Applesauce	10 French Toast 1---Sloppy Joes on a Bun 2---Footlong Hot dog 3--- PB&J 4---Chicken Salad 5---Pizza V---Baked Beans F---Peaches	11 Breakfast Bagel Sandwich 1---Pizza Choices 2---Chili w/Bread 3--- PB&J 4---Turkey Sub 5---Bosco Sticks V---Salad Bar F---Fresh Fruit	12 Muffins and Fruit Smoothies 1---Bacon Cheeseburger 2---Fish Sandwich 3--- PB&J 4---Club Sub 5---Pizza V---Broccoli Salad F---Bananas and Apples
15 Pancakes w/Sausage 1---Chicken Pot Pie w/Roll 2---Cheese Quesadilla 3---PB&J 4---Cobb Salad 5---Pasta Bowl w/Roll V---Corn F---Fresh Fruit Salad	16 Cinnamon Rolls 1---Beef Nachos 2---Stuffed Pepper w/Breadstick 3--- PB&J 4---Club Sub 5---Meatball Sub V---Refried beans F---Slush cups	17 Cinnamon French Toast 1---Lasagna w/Bread 2---Grilled Cheese w/Soup 3---PB&J 4---Cobb Salad 5---Pizza V---Spinach salad F---Peaches	18 Breakfast Pizza 1---Pizza Choices 2---Chicken Caesar Salad w/Roll 3--- PB&J 4---Chef Salad 5---Pizza Sub V---Salad Bar F---Bananas and Apples	19 Ham and Cheese Quiche 1---Chicken Nuggets w/Roll 2---Beef & Noodles w/Roll 3--- PB&J 4---Chef Salad 5---Bosco Sticks w/sauce V---Sweet Potato F---Pineapple
22 French Toast Sticks 1---Mini Corn Dogs 2---Sweet & Sour Chicken w/Rice 3--- PB&J 4---Chef Salad 5---Pizza V---Stir Fry Blend F---Mandarin Oranges	23 Scrambled Eggs w/Toast 1---Grilled Cheese and Soup 2---Beef Stew w/Biscuit 3--- PB&J 4---Chef Salad 5---Pizza V---Green Beans F---Applesauce	24 Pancakes 1---Spaghetti w/Roll 2---Flatbread Pizza 3--- PB&J 4--- Chef Salad 5---Meatball Sub V---Corn F---Bananas and Apples	25 Granola and Yogurt 1---Pizza Choices 2---Enchiladas 3--- PB&J 4---Sub 5---BBQ Chicken Pizza V---Salad Bar w/Hummus F---Slush Cups	26 Waffles and Fruit Smoothies 1---Burgers 2---Honey Lemon Chicken w/Roll 3--- PB&J 4---Club Sub 5---Bosco Sticks V---Carrot w/Dip F---Apples and Bananas
29 Breakfast Burrito 1---Beef Tacos 2---Chicken Quesadilla 3--- PB&J 4---Turkey Wrap 5---Cheese Quesadilla V---Black Beans and salsa F---Orange Smiles	30 Breakfast Sandwich 1--- Fettuccine Alfredo w/Roll 2---Chicken Drumsticks w/Roll 3--- PB&J 4---Chef Salad 5---Bosco Sticks V---Corn F---Fresh Fruit Salad	31 Pancakes 1---Breakfast Burrito 2---French Toast 3---Cheese Sandwich w/side 4---Turkey Wrap 5---Pizza V---Roasted Potatoes F---Apple Slices		

News

January 3rd – Welcome Back and bring on 2018!

January 19th- Half day for students

The USDA is an equal opportunity provider.