



# OCTOBER | 2017

## Frankfort JR/SR High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> **French Toast 1---Nachos 2---Enchilada 3---Cheese Sandwich 4---Turkey Wrap 5---**Flatbread Pizza V---Black Beans/Salsa F---Orange Smiles	<b>3</b> **Breakfast Sandwich 1---**Fettuccini Alfredo w/Roll 2---Hot Dog on a Bun 3---PB&J w/Protein 4---Sub Sandwich 5---BBQ Chicken Pizza V---Roasted Broccoli F---Applesauce	<b>4</b> Breakfast Pizza 1---Chicken Tenders w/ Bread 2---BBQ Pork Sandwich 3--- PB&J w/Protein 4---Turkey Wrap 5---Pepperoni Pizza V---**Baked Potato F---**Fresh Apples	<b>5</b> **Pancakes and Sausage 1---Pizza 2---**Homemade Chicken Pot Pie 3--- PB&J w/Protein 4---Chef Salad 5---Hot Ham and Cheese V---**Salad Bar F---Peaches	<b>6</b> **HM Muffin and Smoothies 1---Bacon Cheeseburger 2--- Grilled Cheese w/Soup 3--- PB&J w/Protein 4---Club Sub 5---Bosco Sticks V---**Sweet Potato F---**Fresh Fruit
<b>9</b> **Breakfast Scrambler w/toast 1---Tacos 2---Chicken Burrito 3--- PB&J w/Protein 4---Chef Salad 5---Pepperoni Pizza V---Corn F---Mandarin Oranges	<b>10</b> French Toast Sticks 1---Lasagna w/Bread 2---Club Sub 3--- PB&J w/Protein 4---Turkey Wrap 5--- Pizza V---**Asparagus F---**Apples	<b>11</b> **Breakfast Burrito 1---Chicken Patty Sandwich 2---Cheese Pizza 3--- PB&J w/Protein 4---Chicken Caesar Wrap 5---Bosco Sticks V---**Carrots and Dip F---**Pears	<b>12</b> Breakfast Bosco Sticks 1---Pepperoni Pizza 2---Sloppy Joe 3--- PB&J w/Protein 4---Chef Salad 5---Pizza Sub V---**Salad Bar F---Bananas and **Apples	<b>13</b> Cinnamon rolls 1---Burger 2---Fish Sandwich 3---Cheese Sandwich 4---Club Sub 5---Veggie Burger V---Baked Beans F---**Fresh Fruit
<b>16</b> Breakfast Pizza 1---Chicken Drumsticks 2---Hot Ham and Cheese 3--- PB&J w/Protein 4---Chef Salad 5---Pepperoni Pizza V---**Roasted Potatoes F---Applesauce	<b>17</b> **Pancakes 1---**Goulash w/Bread 2---Grilled Cheese w/Soup 3--- PB&J w/Protein 4---Turkey Wrap 5---Pepperoni Pizza V---Peas F---**Fresh Fruit	<b>18</b> **Breakfast Burrito 1---Footlong Hot Dog 2---**Chili w/cornbread 3---Cheese Sandwich 4---Chicken Caesar Salad 5---Bosco Sticks V---**Panther Fries F---Mixed Fruit	<b>19</b> Breakfast Bagel Sandwich 1---Pizza 2---Stuffed Pepper w/Roll 3--- PB&J w/Protein 4---Ham and Cheese Sub 5---Pizza Bosco Sticks V---**Salad Bar F---Slush Cups	<b>20</b> Smoothies & French Toast Sticks 1---Corn Dogs 2---**Flatbread Pizza 3--- PB&J w/Protein 4---Club Sub 5---Pizza Sub V---Cheesy Broccoli F---**Apples and Bananas
<b>23</b> Breakfast Pizza 1---Popcorn Chicken w/Roll 2---Club Sandwich 3--- PB&J w/Protein 4---Turkey Wrap 5---Calzone V---Seasoned Green Beans F---**Fresh Fruit	<b>24</b> **Pancakes 1---Breakfast Sandwich 2---Meat lovers Quiche 3--- PB&J w/Protein 4---Turkey Wrap 5---Pepperoni Pizza V---**Hashbrowns F---**Fruit Salad	<b>25</b> Waffle Sticks w/ Sausage 1---Bosco Sticks w/Sauce 2---Burgers 3--- PB&J w/Protein 4---Chef Salad 5---Bosco Sticks V---California Blend F---Pineapple	<b>26</b> **Scrambled Eggs and Toast 1---Pizza 2---Quesadilla w/chicken 3--- PB&J w/Protein 4---Turkey Wrap 5---Flatbread V---**Red Peppers and Carrots/Hummus F---Orange Smiles	<b>27</b> Cinnamon Rolls 1---Tacos 2---Fish Sticks 3--- PB&J w/Protein 4---Club Sub 5---Pepperoni Pizza V---Refried Beans/Spanish Rice F---Slush Cups
<b>30</b> WG Breadsticks 1---Chicken Tenders w/Roll 2---Cheese Pizza 3---PB & Jelly Sandwich w/Yogurt 4---Turkey Wrap 5--- Pepperoni Pizza V---Roasted Broccoli F---Applesauce	<b>31</b> **Cinnamon French Toast 1---Spook-Ghetti 2---Ghastly Chicken Caesar Salad 3--- PB&J w/Protein 4---Turkey Mummy Subs 5---Haunted Pizza 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 2<sup>nd</sup> – 6<sup>th</sup> Go Panthers!**

**October 12<sup>th</sup> -13<sup>th</sup> ~ Half Days Parent Teacher Conferences**

**October 31<sup>st</sup> ~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**

**The USDA is an equal opportunity provider.**

For more information on the menu or a student's account please contact Jenna Noffsinger –FEAS Food Service Manager at 231-352-4781 ex 227 or email at [jnoffsinger@frankfort.k12.mi.us](mailto:jnoffsinger@frankfort.k12.mi.us). We greatly appreciate your comments and opinions!