



# SEPTEMBER | 2017

## Frankfort JR/SR High

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 4---Chef's Salad 5--- Grilled Chicken Sandwich V---French Fries F---Mixed Fruit	6 Pancakes and Sausage 1---Nachos w/Beef 2---Fajitas 3---PB & J w/protein 4---Chef's Salad 5--- Bosco Sticks V---Black Beans/Corn F---Mandarin Oranges	7 Breakfast Sandwich 1---Pepperoni Pizza 2---Turkey Wrap 3---PB & J Sandwich w/Yogurt 4---Ham and Cheese Sub 5--- Chicken Quesadilla 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 4--- Club Sub 5--- Pizza V---Green Beans F---Bananas
11 Breakfast Bagel 1---Footlong Hotdog 2---Pulled Pork Sandwich 3---PB & J Sandwich w/cheese 4---Chef's Salad 5--- Pizza V---Baked Beans F---Slush Cup	12 Pancakes 1---Spaghetti w/meat sauce 2---Hot Ham and Cheese 3---PB & J Sandwich w/Yogurt 4---Chicken Caesar Salad 5--- Pizza Bosco Sticks V---Corn F---Fresh Fruit	13 Breakfast Pizza 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	14 Cinnamon French Toast 1---Pizza 2---Fish Sandwich 3---PB & J Sandwich w/Yogurt 4---Chicken Caesar Salad 5--- Calzone V---Salad Bar F---Slush Cup	15 Breakfast Bosco Sticks 1---Cheeseburger on a Bun 2---Enchiladas 3---PB & J Sandwich w/Yogurt 4---Club Sub 5--- Pizza V---Carrots F---Apples and Bananas
18 Breakfast Burrito 1---Mini Corn Dogs 2---Chicken Quesadilla 3---PB & Jelly Sandwich w/Yogurt 4---Chef's Salad 5--- Bosco Sticks V---Roasted Broccoli F---Peaches	19 Breakfast Pizza 1---Pancakes w/sausage 2---Scrambled eggs 3---PB & J Sandwich w/Yogurt 4---Chef's Salad 5--- Pizza V---Hash browns F---Oranges	20 Egg Sandwich 1---Bosco Sticks and Sauce 2---Grilled Ham & Cheese 3---PB & J Sandwich w/Protein 4---Turkey Wrap 5--- Flatbread Pizza V---Sweet Potato Fries F---Pears	21 French Toast Sticks 1---Pepperoni Pizza 2---French Toast 3---PB & J Sandwich w/Yogurt 4---Club Sub 5--- Pizza Sub 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 4---Chef's Salad 5--- Pizza V---Peas F---Applesauce
25 Waffle Sticks w/sausage 1---Chicken Drumsticks w/Roll 2---Sloppy Joe 3---PB & J Sandwich w/protein 4---Turkey Wrap 5--- Pizza V---Mashed Potatoes/Gravy F---Bananas	26 Muffins and Yogurt 1---Chicken Patty Sandwich 2---Turkey Wrap 3---PB & J Sandwich w/Yogurt 4---Club Sub 5--- Bosco Sticks V---Fresh Tomato Salad F---Baked Apples	27 Breakfast Burrito 1---Beef Tacos 2---Chicken Enchiladas 3---PB & J Sandwich w/protein 4---Chef's Salad 5--- Grilled Chicken Sandwich 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 4---Club Sub 5--- Pizza Sub V---Green Beans F---Fresh Fruit	29 Pancakes 1---Cheeseburger 2---Chicken Stir Fry 3---PB & J Sandwich w/Yogurt 4---Chef's Salad 5--- Bosco Sticks V---Salad Bar F---Apples

### News

**Welcome back and hope everyone had a great summer!**

### **Updated Prices: NEW MEAL PRICES:**

**Full Cost Breakfast.....\$1.80**  
**Reduced Cost Breakfast.....\$0.30**  
**Full Cost Lunch.....\$2.80**  
**Reduced Cost Lunch.....\$0.40**  
**Student Lunch Entrée.....\$1.80**  
**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](http://sendmoneytoschool.com)**

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