



MAY | 2017

Frankfort JR/SR High

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Breakfast burrito 1---Flatbread Pizza 2---Goulash w/Roll 3---PB&J 4---Chef Salad 5---Pizza V--- Carrots w/Dip F---Fruit Jell-O	2 Pancakes 1---Breaded Chicken Sandwich 2---H/M Mac and Cheese w/Roll 3---PB&J 4---Chef Salad 5---Bosco Sticks V--- Roasted Zucchini F---Grapes	3 Breakfast Sandwich 1---Pancakes w/Sausage 2---Scrambled Eggs & Toast 3---PB&J 4---Chicken Caesar Salad 5---Pizza V--- Hash Browns F---Applesauce	4 Waffles w/Sausage 1---Pizza Choices 2---Grilled Cheese 3---PB&J 4---Ham and Cheese Sub 5---Bosco Sticks V---Green Beans F---Slush Cups	5 Cinnamon Rolls 1---Chicken Tenders w/Roll 2---Foot long Hot Dog 3---PB&J 4---Club Sub 5---Pizza V--- Hummus with Veggies F---Peaches
8 Cheesy Scrambled Eggs w/Toast 1---Chicken Curly Pasta w/Roll 2---Club Sub 3---PB&J 4---Chef Salad 5---Bosco Sticks V--- Peas F---Watermelon	9 Breakfast Bagel 1---Popcorn Chicken w/Roll 2---Turkey Noodle Soup w/Roll 3---PB&J 4---Chef Salad 5---Pizza V--- Corn F---Pineapple	10 Burritos 1---Beef Nachos 2---Burrito 3---PB&J 4---Club Sub 5---Quesadilla V--- Fresh Pico de Gallo F---Mandarin Oranges	11 Pancakes w/Sausage 1---Pizza Choices 2---Breakfast Sandwich 3---PB&J 4--- Turkey and Cheese Sub 5---Bosco Sticks V---Salad Bar F---Slush Cups	12 Smoothies and Waffles 1---Corn Dogs 2---Grilled Cheese w/Soup 3---PB&J 4---Turkey Wrap 5---Burgers V--- Broccoli F---Apples & Bananas
15 Bagels & Breakfast Pizza 1---Chicken Stir Fry 2---Cheese Quesadilla 3---PB&J 4---Chef Salad 5---Pizza V--- Stir Fry Blend w/Pea Pods F---Pineapple	16 French Toast Baseball Day!!! 1---Grilled Cheeseburgers 2---Grilled Hot Dogs 3---PB&J 4---Tiger Club Sub 5---BBQ Pork Sandwich V---Chips F---Slush Cups	17 Pancakes 1---Chicken Tenders w/Roll 2---Chicken Alfredo w/ Roll 3---PB&J 4---Turkey Wrap 5---Pizza V--- Roasted Carrots F---Applesauce	18 Breakfast Sandwich 1---Pizza Choices 2---BBQ Chicken w/Roll 3---PB&J 4---Ham and Cheese Sub 5---Bosco Sticks V---Salad Bar F---Fresh Fruit	19 Cinnamon Rolls 1---Beef Tacos 2---Fajitas 3---PB&J 4---Club Sub 5---Pizza V--- Refried Beans F---Apples & Bananas
22 Scrambled Eggs w/toast 1---Corn Dog 2---Ravioli w/ Roll 3---PB&J 4---Chef Salad 5---Bosco Sticks V--- Broccoli and Spinach F---Fruit Salad	23 Meat & Egg Burrito 1---Spaghetti w/Roll 2---Blueberry Pancakes 3---PB&J 4---Chef Salad 5---Quesadilla V--- Roasted Potatoes F---Peaches	24 Cinnamon French Toast 1---Breaded Chicken Sandwich 2---Chicken Caesar Salad w/Roll 3---PB&J 4---Turkey wrap 5---Pizza V--- Peas F---Apples & Bananas	25 Pancakes w/Sausage 1---Pizza Choices 2---Chicken Taco 3---PB&J 4---Turkey and Cheese Sub 5---Bosco Sticks V---Salad Bar F---Oranges and Jell-O	26 Smoothies & French Toast 1---Bacon Cheeseburger 2---Grilled Chicken Sandwich 3---PB&J 4---Club Sub 5---Pulled Pork Sandwich V--- Sweet Potato F---Slush cups
29 No School – Memorial Day	30 Breakfast Sandwich 1---Flatbread Pizza 2---Foot long Hot Dog 3---PB&J 4---Club Sub 5---Burgers V--- Baked Potato F---Applesauce	31 Granola and Yogurt 1---Lasagna w/Bread 2---Grilled Cheese 3---PB&J 4---Chef Salad 5---Bosco Sticks V--- Green Beans F---Fresh Fruit	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.	

News

May 16th – Baseball Day in the Cafeteria!! We encourage students to wear their favorite team colors! Tiger are playing the Orioles at Home! We are going to serve food you see at ballparks.

May 26th ~ Last Day for Senior's

May 29 ~ Memorial Day No School

All dishes using eggs are made with local eggs from May Farm!

The USDA is an equal opportunity provider.