

## Franklin County High School Lunch Menu

December-17

Monday	Tuesday	Wednesday	Thursday	Friday
				BBQ Nachos 1 Baked Potato Pinto Beans Fruit Milk
Fish 4 Baked Beans Coleslaw Roasted Potatoes Onion Rings & Hushpuppies Fruit // Milk	Breakfast for Lunch 5 Steak Eggs Sidewinder Potatoes Roasted Sweet Corn & Peppers Biscuit // Gravy Milk	Boneless Wings 6 Green Beans Potato Smiles Fruit Dinner Roll Milk	Steak & Cheese 7 Sandwich Pinto Beans Buttered Corn Fruit Milk	Spaghetti 8 Steamed Broccoli Mini Baked Potatoes Fruit Garlic Knot Milk
Pork Chop 11 Ranch Potatoes Brussel Sprouts Black-eyed Peas Fruit Roll Milk	Steak & Gravy 13 Mashed Potatoes Green Beans Fruit Roll Milk	BBQ 13 Buttered Corn Pinto Beans Fruit Roll Milk	Chicken Tenders 14 Mashed Potatoes Green Peas Fruit Roll Milk	Beef Taco 15 Shoe Peg Corn Refried Beans Fruit Tortilla Chips Milk
Shrimp & Chicken 18 French Fries Baked Beans Onion Rings Fruit Milk	Pizza OR Burgers OR 19 Sandwiches French Fries Green Beans Fruit Milk	20 <b>No Meals Served</b>	21 <b>No School</b>	22 <b>No School</b>

All reimbursable meals MUST have a FRUIT or VEGETABLE on the tray. Students may decline 2 of the 5 meal components – Meat, Grain, Fruit, Vegetable and Milk - but cannot decline BOTH Fruit and Vegetable. Franklin County High School may offer pizza, hamburgers, and chicken sandwiches daily. A vegetable & fruit bar is available daily.

Meal Pattern	Grades 9-12	Amount of Food Per Week (Minimum Per Day)
Fruits (Cups)		5 (1)
Vegetable (Cups)		5 (1)
Grains (Oz. Eq.)		10-12 (2)
Meats/Meat Alt. (Oz. Eq.)		10-12 (2)
Fluid Milk (Cups)		5 (1)

The Nutrition Department strives to offer the daily menus as planned and advertised. However, due to some circumstances beyond our control, the daily menus may be altered. This institution is an equal opportunity provider

