

# October

Apples are the most popular fruit in the United States. Gala apples rank No. 2 out of the Top 10 apples grown in the country. Red Delicious apples are ranked No. 1.



FRANKSTON ISD

O-V-S 9/27/2017

Menus are subject to change

Every Breakfast must include a 1/2c Fruit and/or 1/2c Juice

Student Accounts may be pre-paid at the school or online

Choice of Milk Served Daily

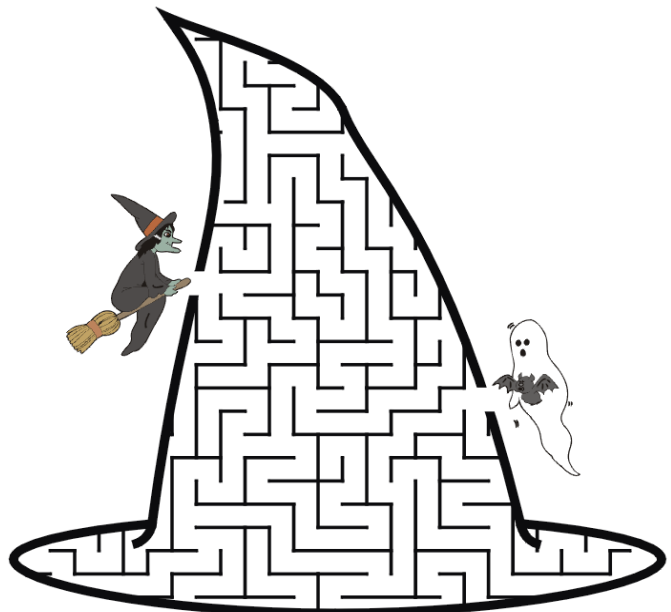
Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> 	<p>3</p> <p>Breakfast Burrito or Cereal &amp; Toast Green Apples Juice Milk</p>	<p>4</p> <p>Mini Waffles or Cereal &amp; Toast Pears Juice Milk</p>	<p>5</p> <p>Donuts or Cereal &amp; Toast Oranges Juice Milk</p>	<p>6</p> <p>Egg, Sausage Biscuit or Cereal &amp; Toast Banana Juice Milk</p>
<p>9</p> <p>Pancake on a Stick or Cereal &amp; Toast Red Apples Juice Milk</p>	<p>10</p> <p>Breakfast Pizza or Cereal &amp; Toast Raisels Juice Milk</p>	<p>11</p> <p>Muffin or Cereal &amp; Toast Oranges Juice Milk</p>	<p>12</p> <p>French Toast Sticks or Cereal &amp; Toast Banana Juice Milk</p>	<p>13</p> <p>Sausage Roll or Cereal &amp; Toast Fresh Pears Juice Milk</p>
<p>16</p> <p>Cinnamon Roll or Cereal &amp; Toast Craisins Juice Milk</p>	<p>17</p> <p>Breakfast Burrito or Cereal &amp; Toast Green Apples Juice Milk</p>	<p>18</p> <p>Mini Waffles or Cereal &amp; Toast Oranges Juice Milk</p>	<p>19</p> <p>Donuts or Cereal &amp; Toast Pears Juice Milk</p>	<p>20</p> <p>Egg, Sausage Biscuit or Cereal &amp; Toast Banana Juice Milk</p>
<p>23</p> <p>Pancake on a Stick or Cereal &amp; Toast Red Apples Juice Milk</p>	<p>24</p> <p>Breakfast Pizza or Cereal &amp; Toast Raisels Juice Milk</p>	<p>25</p> <p>Muffin or Cereal &amp; Toast Oranges Juice Milk</p>	<p>26</p> <p>French Toast Sticks or Cereal &amp; Toast Banana Juice Milk</p>	<p>27</p> <p>Sausage Roll or Cereal &amp; Toast Fresh Pears Juice Milk</p>
<p>30</p> <p>Cinnamon Roll or Cereal &amp; Toast Craisins Juice Milk</p>	<p>31</p> <p>Breakfast Burrito or Cereal &amp; Toast Green Apples  Juice Milk</p>			

## Joke of the Month

Q: What kind of an apple isn't an apple?



Answer: A pineapple!



# October



National School Lunch Week  
October 9-13 2017

## LUNCH MENU

FRANKSTON ISD


9/26/2017

Menus are subject to change

Every Lunch must include 1/2c Fruit and/or 1/2c Vegetable

Student Accounts may be pre-paid at the school or online

Choice of Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>2</b></p> 	<p><b>3</b></p> <ul style="list-style-type: none"> <li>Cheesy Enchiladas or</li> <li>Taco Salad</li> <li>Cherry Tomatoes</li> <li>Cucumbers</li> <li>Refried Beans</li> <li>Cilantro Lime Rice</li> <li>Sliced Pears &amp; Honeydew</li> <li>Milk</li> </ul>	<p><b>4</b></p> <ul style="list-style-type: none"> <li>Hamburger or</li> <li>Chicken Sandwich</li> <li>HS-Spicy Chicken</li> <li>HB Trimmings</li> <li>Tator Tots</li> <li>HS-Baked Beans</li> <li>Fresh Veggie Bowl</li> <li>Grapefruit &amp; Tidbits</li> <li>Milk</li> </ul>	<p><b>5</b></p> <ul style="list-style-type: none"> <li>TSO Chicken or</li> <li>Beef Teriyaki Dippers</li> <li>Oriental Veggies</li> <li>Fresh Squash Mix</li> <li>Asian Brown Rice</li> <li>Gala Apples &amp; Banana</li> <li>Milk</li> </ul>	<p><b>6</b></p> <ul style="list-style-type: none"> <li>Cheese Pizza or</li> <li>Stromboli</li> <li>Crunchy Broccoli Salad</li> <li>Italian Veggies</li> <li>Frozen Juice</li> <li>Oranges</li> <li>Milk</li> <li>MS/HS-Breadsticks</li> </ul>
<p><b>9</b></p> <ul style="list-style-type: none"> <li>Chicken Tenders or</li> <li>Chicken Fried Steak</li> <li>Mashed Potatoes</li> <li>Fresh Green Beans</li> <li>Rolls</li> <li>Oranges &amp; Peach Cup</li> <li>Milk</li> </ul>	<p><b>10</b></p> <ul style="list-style-type: none"> <li>Beef &amp; Bean Burrito or</li> <li>Mini Tacos</li> <li>Garden Fresh Corn</li> <li>Fresh Veggie Bowl</li> <li>Spanish Rice</li> <li>Gala Apples &amp; Craisins</li> <li>Milk</li> </ul>	<p><b>11</b></p> <ul style="list-style-type: none"> <li>Cheeseburger or</li> <li>Mini Corn Dogs</li> <li>Sweet Potato Fries</li> <li>Broccoli Bites</li> <li>HB Trimmings</li> <li>Tropical Fruit &amp; Cantaloupe</li> <li>Milk</li> </ul>	<p><b>12</b></p> <ul style="list-style-type: none"> <li>Spaghetti w/Meat Sauce</li> <li>Meatball Sub</li> <li>Black-eyed Peas</li> <li>Fresh Zucchini Squash</li> <li>HS-Steamed Carrots</li> <li>Breadstick</li> <li>Watermelon &amp; Mandarin Oranges</li> <li>Milk</li> </ul>	<p><b>13</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza or</li> <li>Boneless Chicken Wings</li> <li>w/Garlic Toast</li> <li>Garden Salad</li> <li>Cauliflower w/Cheese</li> <li>Frozen Juice</li> <li>Grapes</li> <li>Milk</li> </ul>
<p><b>16</b></p> <ul style="list-style-type: none"> <li>Steak Fingers or</li> <li>Chicken Nuggets</li> <li>Mixed Veggies</li> <li>Yellow Squash</li> <li>Macaroni &amp; Cheese</li> <li>Oranges &amp; Craisins</li> <li>Milk</li> </ul>	<p><b>17</b></p> <ul style="list-style-type: none"> <li>Nachos w/Meat</li> <li>Chicken Quesadillas</li> <li>Pinto Beans</li> <li>Roasted Peppers</li> <li>Cilantro Lime Rice</li> <li>Fresh Fruit Mix &amp; Diced Pears</li> <li>Milk</li> </ul>	<p><b>18</b></p> <ul style="list-style-type: none"> <li>Hamburger or</li> <li>Fish Nuggets</li> <li>HS-Fish on Bun</li> <li>HB Trimmings</li> <li>Oven Fries</li> <li>Fresh Veggie Bowl</li> <li>Tidbits &amp; Grapefruit</li> <li>Milk</li> </ul>	<p><b>19</b></p> <ul style="list-style-type: none"> <li>BBQ Stuffed Potato or</li> <li>Chicken Alfredo</li> <li>Broccoli &amp; Cheese</li> <li>Texas Butternut Squash</li> <li>HS-Fresh Cut Corn</li> <li>Roll/HS-Honey Biscuit</li> <li>Gala Apples &amp; Peach Cup</li> <li>Milk</li> </ul>	<p><b>20</b></p> <ul style="list-style-type: none"> <li>Pepperoni Pizza or</li> <li>Cheese Sticks w/Marinara</li> <li>Fresh Garden Salad</li> <li>Cabbage</li> <li>Seasoned Green Peas</li> <li>Frozen Juice</li> <li>Watermelon</li> <li>Milk</li> </ul>
<p><b>23</b></p> <ul style="list-style-type: none"> <li>Chicken Rings w/Dinner Roll or</li> <li>Steak on a Bun</li> <li>Creamed Potatoes</li> <li>Fresh Green Beans</li> <li>Craisins &amp; Cantaloupe</li> <li>Milk</li> </ul>	<p><b>24</b></p> <ul style="list-style-type: none"> <li>Crispito or Tamales</li> <li>MS/HS Pinto Beans</li> <li>Steamed Carrots</li> <li>Garden Salad</li> <li>HS-Spanish Rice</li> <li>Oranges &amp; Strawberry Cup</li> <li>Milk</li> </ul>	<p><b>25</b></p> <ul style="list-style-type: none"> <li>Hamburger or</li> <li>Hot Dog/MS-Goldfish</li> <li>HS-Corn Dog</li> <li>Sweet Potato Tots</li> <li>Baked Beans</li> <li>Cucumbers</li> <li>HB Trimmings</li> <li>Mixed Fruit &amp; Grapes</li> <li>Milk</li> </ul>	<p><b>26</b></p> <ul style="list-style-type: none"> <li>Grill Cheese or</li> <li>Salisbury Steak</li> <li>Brown Rice</li> <li>Creamed Spinach</li> <li>Fresh Cut Corn</li> <li>Sliced Pears &amp; Sliced Peaches</li> <li>Milk</li> </ul>	<p><b>27</b></p> <ul style="list-style-type: none"> <li>Cheese Pizza or</li> <li>Calzone</li> <li>Fresh Veggie Bowl</li> <li>Navy Beans</li> <li>Frozen Fruit Juice</li> <li>Gala Apples</li> <li>Milk</li> <li>HS-Buffero Chicken Pizza</li> </ul>
<p><b>30</b></p> <ul style="list-style-type: none"> <li>Steak Fingers or</li> <li>BBQ Sandwich</li> <li>Garden Salad</li> <li>Baby Bakers Roll</li> <li>HS- Cornbread Muffin</li> <li>Oranges &amp; Honeydew</li> <li>Milk</li> </ul>	<p><b>31</b></p> <ul style="list-style-type: none"> <li>Cheesy Enchiladas or</li> <li>Taco Salad</li> <li>Cherry Tomatoes</li> <li>Cucumbers</li> <li>Refried Beans</li> <li>Cilantro Lime Rice</li> <li>Sliced Pears &amp; Honeydew</li> <li>Milk</li> </ul>			 <p>Local Ingredient</p>
				 <p>Celebrating Farm Fresh Fridays</p>

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