

February



A healthy lunch is
Berry important
to me!

FRANKSTON ISD

1/14/2019

Menus are subject to change

Every Breakfast must have 1/2cup Fruit and/or 1/2cup Juice

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

Choice of Milk Served Daily

Monday

Tuesday

Wednesday

Thursday

Friday

Joke of the Month

Q: What do you call a sad berry?



Middle School and
High School
students do not
have the option of

1
Egg, Biscuit & Sausage or
Cereal & Toast
Bananas
Juice
Milk

4
Pancake on a Stick or
Cereal & Toast
Red Apples
Juice
Milk

5
Breakfast Pizza or
Cereal & Toast
Cranberries
Juice
Milk

6
Muffin
Cereal & Toast
Oranges
Juice
Milk

7
French Toast Sticks or
Cereal & Toast
Bananas
Juice
Milk

8
Sausage Roll or
Cereal & Toast
Fresh Pears
Juice
Milk

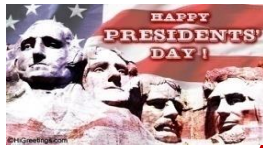
11
Cinnamon Roll or
Cereal & Toast
Cranberries
Juice
Milk

12
Breakfast Burrito or
Cereal & Toast
Green Apples
Juice
Milk

13
Mini Waffles or
Cereal & Toast
Fresh Pears
Juice
Milk

14
Donuts or
Cereal & Toast
Oranges
Juice
Milk

15
Egg, Biscuit & Sausage or
Cereal & Toast
Bananas
Juice
Milk



18
Cinnamon Roll or
Cereal & Toast
Cranberries
Juice
Milk

19
Breakfast Pizza or
Cereal & Toast
Cranberries
Juice
Milk

20
Muffin
Cereal & Toast
Oranges
Juice
Milk

21
French Toast Sticks or
Cereal & Toast
Bananas
Juice
Milk

22
Sausage Roll or
Cereal & Toast
Fresh Pears
Juice
Milk

25
Cinnamon Roll or
Cereal & Toast
Cranberries
Juice
Milk

26
Breakfast Burrito or
Cereal & Toast
Green Apples
Juice
Milk

27
Mini Waffles or
Cereal & Toast
fresh Pears
Juice
Milk

28
Donuts or
Cereal & Toast
Oranges
Juice
Milk



FUN FACTS



Blueberries, unlike
raspberries have a
solid center when they
are pulled off the
"cane".



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Answer: A Blue-berry

February

LUNCH MENU

FRANKSTON ISD

14-Jan

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Every Lunch must have 1/2cup Fruit and/or 1/2cup Vegetable

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Choice of Milk Served Daily

Monday	Tuesday	Wednesday	Thursday	Friday
 <p>Blueberries can be used to make natural dyes. In fact, early American colonists boiled them with milk to make grey paint.</p>		<p>Presidents' Day Facts. Presidents' Day falls on the third Monday in February in the United States. It is also known as Washington's Birthday, after George Washington, the first president of the United States. The day is meant to celebrate George Washington and all the presidents of the U.S.</p> 		<p>1 Pepperoni Pizza HS-Stuffed Crust Pizza or Cheese Sticks w/Marinara Cabbage Seasoned Green Peas Frozen Fruit Juice & Grapefruit Milk</p>
<p>4 Chicken Rings w/Dinner Roll or Steak on Bun Mashed Potatoes Green Beans Dried Cranberries or Canteloupe Milk</p>	<p>5 Crispitos w/Pinto Beans or Tamales w/Pinto Beans w/Salsa Cucumbers Garden Salad HS-Spanish Rice Applesauce & Strawberries Milk</p>	<p>6 Hamburger or Hot Dog/MS-Grahams HS-Corn Dog Sweet Potato Tots Baked Beans HB Trimmings Tropical Fruit & Mixed Apples Milk</p>	<p>7 Grill Cheese or Salisbury Steak w/Rice Creamed Spinach Sweet Cut Corn Sliced Pears & Diced Peaches Milk</p>	<p>8 Cheese Pizza or Calzone Steam Carrots Navy Beans Frozen Fruit Juice & Grapes Milk HS-Buffero Chicken Pizza</p>
<p>11 Steak Fingers or Chicken Fajita Dinner Roll Baby Bakers Garden Salad HS-Okra Mixed fruit & Red Apples Milk</p>	<p>12 Cheesy Enchiladas or Taco Salad w/Salsa Cherry Tomatoes Refried Beans Cilantro Lime Rice Mixed Berries & Sliced Pears Milk</p>	<p>13 Hamburger or Chicken Sandwich MS/HS-Spicy Chicken HB Trimmings Tator Tots Baby Carrots Grapes & Honeydew Milk</p>	 <p>14 Orange Chicken or Beef Teriyaki Dippers Asian Brown Rice HS-Egg Roll Oriental Veggies Lima Beans Bananas & Grapefruit Milk Valentine Treat</p>	<p>15 Cheese Pizza or Stromboli MS/HS-Breadstick w/ Stromboli Crunchy Broccoli Salad Italian Veggies Frozen Fruit Juice & Tidbits Milk</p>
 <p>18</p>	<p>19 Beef & Bean Burrito or Mini Tacos w/Salsa Sweet Cut Corn Celery Stix Spanish Rice Raisels & Fresh Pears Milk</p>	<p>20 Hamburger or Mini Corn Dogs HB Trimmings Sweet Potato Fries Broccoli Bites Cantaloupe & Apple D'light Milk</p>	<p>21 Spaghetti or Chef Salad Black-eyed Peas Zucchini Squash HS-Steamed Carrots Breadsticks Mandarin Oranges & Grapes Milk</p>	<p>22 Pepperoni Pizza or Boneless Chicken Wings HS-w/Garlic Toast Navy Beans Cauliflower w/Cheese Frozen Fruit Juice & Strawberries Milk</p>
<p>25 Steak Fingers or Chicken Nuggets Mixed Vegetables Yellow Squash Macaroni & Cheese Diced Peaches & Honeydew Milk</p>	<p>26 Nachos w/Meat or Chicken Quesadillas w/Salsa Pinto Beans Roasted Peppers & Onions Cilantro Lime Rice Diced Pears & Pineapple Chunks Milk</p>	<p>27 Hamburger or Fish Nuggets HS-Fish on Bun HB Trimmings Oven Fries Carrot Stix Craisins & Mixed Fruit Milk</p>	<p>28 BBQ Stuffed Potato or Chicken Alfredo Broccoli & Cheese Butternut Squash Dinner Rolls Green Apples & Grapefruit Milk</p>	

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