

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

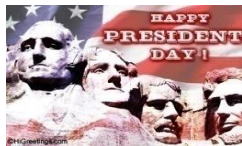
11
Cinnamon Roll or
Cereal & Toast
Cranberries
Juice
Milk

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


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

Pre-K

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</p> <p>Pepperoni Pizza Cabbage Seasoned Green Peas Bananas & Grapefruit Milk</p>
<p>4</p> <p>Chicken Rings w/Dinner Roll Mashed Potatoes Green Beans Dried Cranberries or Canteloupe Milk</p>	<p>5</p> <p>Crispitos Pinto Beans Garden Salad Applesauce & Strawberries Milk</p>	<p>6</p> <p>Hamburger Sweet Potato Tots Baked Beans Tropical Fruit & Mixed Apples Milk</p>	<p>7</p> <p>Grill Cheese Creamed Spinach Sweet Cut Corn Sliced Pears & Diced Peaches Milk</p>	<p>8</p> <p>Cheese Pizza Steam Carrots Navy Beans Fresh Pears & Grapes Milk</p>
<p>11</p> <p>Steak Fingers Dinner Roll Baby Bakers Garden Salad Mixed Fruit & Red Apples Milk</p>	<p>12</p> <p>Cheesy Enchiladas Cherry Tomatoes Refried Beans Cilantro Lime Rice Mixed Berries & Sliced Pears Milk</p>	<p>13</p> <p>Hamburger Tator Tots Baby Carrots Grapes & Honeydew Milk</p>	 <p>14</p> <p>Chicken Nuggets w/Orange Sauce Asian Brown Rice Oriental Veggies Lima Beans Bananas & Grapefruit Milk Valentine Treat</p>	<p>15</p> <p>Cheese Pizza Crunchy Broccoli Salad Italian Veggies Bananas & Tidbits Milk</p>
<p>18</p> 	<p>19</p> <p>Mini Tacos Sweet Cut Corn Celery Stix Spanish Rice Raisels & Fresh Pears Milk</p>	<p>20</p> <p>Hamburger Sweet Potato Fries Broccoli Bites Cantaloupe & Apple D'light Milk</p>	<p>21</p> <p>Spaghetti Black-eyed Peas Zucchini Squash Breadsticks Mandarin Oranges & Grapes Milk</p>	<p>22</p> <p>Pepperoni Pizza Navy Beans Cauliflower w/Cheese Fresh Pears & Strawberries Milk</p>
<p>25</p> <p>Chicken Nuggets Mixed Vegetables Yellow Squash Macaroni & Cheese Diced Peaches & Honeydew Milk</p>	<p>26</p> <p>Nachos w/Meat Pinto Beans Roasted Peppers & Onions Diced Pears & Pineapple Chunks Milk</p>	<p>27</p> <p>Hamburger Oven Fries Carrot Stix Craisins & Mixed Fruit Milk</p>	<p>28</p> <p>BBQ Stuffed Potato Broccoli & Cheese Butternut Squash Dinner Rolls Green Apples & Grapefruit Milk</p>	

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