

# January

**Eggs** can be shades of green, blue, tan, and dark brown. Hens with white feathers tend to lay white eggs, while hens with red feathers tend to lay brown eggs. The colored eggs usually come from a variety of different breeds of chickens.



FRANKSTON ISD

12/4/2018

Menus are subject to change

Every Breakfast needs 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



## Joke of the Month

Q: What did the mama cow say to the baby cow when he wanted to stay up late?

9  
Muffin or Cereal & Toast  
Craisins  
Juice  
Milk

10  
French Toast Sticks or Cereal & Toast  
Banana  
Juice  
Milk

11  
Sausage Roll or Cereal & Toast  
Fresh Pears  
Juice  
Milk


14  
Cinnamon Roll or Cereal & Toast  
Craisins  
Juice  
Milk

15  
Breakfast Burrito or Cereal & Toast  
Green Apples  
Juice  
Milk

16  
Mini Waffles or Cereal & Toast  
Fresh Pears  
Juice  
Milk

17  
Donuts or Cereal & Toast  
Oranges  
Juice  
Milk

18  
Egg & Sausage Biscuit or Cereal & Toast  
Bananas  
Juice  
Milk

21  
  
Martin Luther King Jr. Day

22  
Breakfast Pizza or Cereal & Toast  
Raisels  
Juice  
Milk

23  
Muffin or Cereal & Toast  
Oranges  
Juice  
Milk

24  
French Toast Sticks or Cereal & Toast  
Bananas  
Juice  
Milk

25  
Sausage Roll or Cereal & Toast  
Fresh Pears  
Juice  
Milk

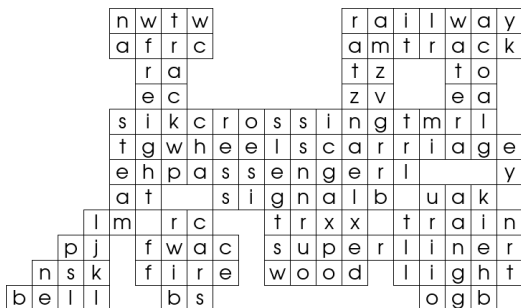
28  
Cinnamon Roll or Cereal & Toast  
Craisins  
Juice  
Milk

29  
Breakfast Burrito or Cereal & Toast  
Green Apples  
Juice  
Milk

30  
Mini Waffles or Cereal & Toast  
Fresh Pears  
Juice  
Milk

31  
Mini Waffles or Cereal & Toast  
Fresh Pears  
Juice  
Milk

*Middle School and High School students do not have the option of Cereal & Toast*



How many words can you find?



**Answer:**  
It's pasture Bedtime!!

# January

## LUNCH MENU

FRANKSTON ISD

4-Dec

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Every Lunch needs a 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



# Happy New Year!



### Did you Know?

One dairy cow produces an average of 6.5 gallons of milk every day. That means a single cow can produce 350,000 glasses of milk over her lifetime!

9  
Hamburger or Hot Dog/**MS**-Goldfish  
**HS**-Corn Dog  
HB Trimmings  
Sweet Potato Fries  
Celery Sticks  
Sliced Peaches & Diced Pears  
Milk

10  
Grill Cheese or Salisbury Steak  
Brown Rice  
Creamed Spinach  
Seasoned Cut Corn  
Raisels & Applesauce  
Milk

11  
Cheese Pizza or Calzone  
**HS**-Buffalo Chicken Pizza  
Steamed Carrots  
Navy Beans  
Tropical Fruit  
Frozen Fruit Juice  
Milk

14  
Steak Fingers or w/Dinner Rolls  
Chicken Fajitas  
Garden Salad  
Baby Bakers  
**HS**-Okra  
Mixed Fruit & Grapes  
Milk

15  
Cheesy Enchiladas or Taco Salad w/Salsa  
Cherry Tomatoes  
Refried Beans  
Cilantro Lime Rice  
Diced Peaches & Sliced Pears  
Milk

16  
Hamburger or Chicken Sandwich  
**MS/HS**-Spicy Chicken  
HB Trimmings  
Tator Tots  
Baby Carrots  
Red Apples & Honeydew  
Milk

17  
Orange Chicken or Beef Teriyaki Dippers  
Asian Brown Rice  
Oriental Veggies  
Lima Beans  
Bananas & Grapefruit  
Milk

18  
Cheese Pizza or Stromboli  
**HS**-Breadstick w/ Stromboli  
Crunchy Broccoli Salad  
Italian Veggies  
Frozen Fruit Juice & Tidbits  
Milk



Martin Luther King Jr. Day

22  
Beef & Bean Burrito or Mini Tacos w/Salsa  
Seasoned Cut Corn  
Celery Sticks  
Spanish Rice  
Craisins & Fresh Pears  
Milk

23  
Hamburger or Mini Corn Dogs  
HB Trimmings  
Sweet Potato Tots  
Broccoli Bites  
Cantaloupe & Green Apples  
Milk

24  
Spaghetti w/Meat Sauce w/Breadstick or Meatball Sub  
Black-eyed Peas  
Zucchini Squash  
Mandarin Oranges & Grapes  
Milk

25  
Pepperoni Pizza or Oven Parmesan Chicken w/Garlic Toast  
Navy Beans  
**HS** Steamed Carrots  
Cauliflower w/Cheese  
Strawberries & Frozen Fruit Juice  
Milk

28  
Chicken Nuggets or Steak Fingers  
Mixed Veggies  
Yellow Squash  
**HS** Okra  
Macaroni & Cheese  
Diced Peaches & Honeydew  
Milk

29  
Nachos w/Meat or Chicken Quesadillas  
Pinto Beans  
Roasted Peppers  
Cilantro Lime Rice  
Diced Peaches & Pinapple Chunks  
Milk

30  
Hamburger or Fish Nuggets  
**HS**-Fish on Bun  
HB Trimmings  
French Fries  
Carrot Stix  
Craisins & Mixed Fruit  
Milk

31  
BBQ Stuffed Potato or Chicken Alfredo  
Broccoli & Cheese  
Butternut Squash  
Dinner Rolls  
Green Apples & Oranges  
Milk

