

# March



Celery is available year round. The stalk can be cut into celery sticks and the leaves are sometimes used as a seasoning.

FRANKSTON ISD

2/19/2019

Menus are subject to change

Every Breakfast needs 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 vegetable might you find in your basement?

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



1

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

## National School Breakfast Week

4

Eye Opening Cinnamon Rolls or Cereal & Toast  
Fresh Pears  
Juice  
Milk



Egg & Cheese Burrito or Cereal & Toast  
Green Apples  
Juice  
Milk

Blueberry Pancakes or Cereal & Toast  
Raisels  
Juice  
Milk



Yum Yum Donuts or Cereal & Toast  
Oranges  
Juice  
Milk

8

Eggs, Bacon & Biscuit or Cereal & Toast  
Bananas  
Juice  
Milk



11



Spring Break Season Has Begun!

15



18

Pancake on a Stick or Cereal & Toast  
Craisins  
Juice  
Milk

19

Breakfast Pizza or Cereal & Toast  
Red Apples  
Juice  
Milk

20

Muffins or Cereal & Toast  
Oranges  
Juice  
Milk

21

French Toast or Cereal & Toast  
Fresh Pears  
Juice  
Milk

22

Sausage Roll or Cereal & Toast  
Bananas  
Juice  
Milk

25

Cinnamon Rolls or Cereal & Toast  
Fresh Pears  
Juice  
Milk

26

Breakfast Burrito or Cereal & Toast  
Green Apples  
Juice  
Milk

27

Pancakes or Cereal & Toast  
Raisels  
Juice  
Milk

28

Donuts or Cereal & Toast  
Oranges  
Juice  
Milk

29

Egg, Bacon & Biscuit or Cereal & Toast  
Bananas  
Juice  
Milk



In the south, black-eyed peas are cooked and eaten for New Year's Day because they are thought to bring prosperity and good luck.

Did You Know?

Answer:

Cellar - y

# March

## LUNCH MENU

FRANKSTON ISD

Pre-K

20-Feb

Menus are subject to change

Every Lunch is served with a smile!

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

Milk Served Daily

Monday

Tuesday

Wednesday

Thursday

Friday



**1**  
Pepperoni Pizza  
Cabbage  
Seasoned Green Peas  
Bananas &  
Grapefruit  
Milk

**4**  
Chicken Rings  
W/Dinner Roll  
Mashed Potatoes  
Green Beans  
Dried Cranberries &  
Cantaloupe  
Milk

**5**  
Crispitos  
Cucumbers  
Pinto Beans  
Applesauce & Strawberries  
Milk

**6**  
Hot Dog w/Cheese  
Sweet Potato Fries  
Baked Beans  
Grapes & Tropical Fruit  
Milk

**7**  
Grilled Cheese  
Creamed Spinach  
Sweet Cut Corn  
Sliced Pears &  
Diced Peaches  
Milk

**8**  
Cheese Pizza  
Steamed Carrots  
Navy Beans  
Oranges &  
Milk

**11**

**12**

**13**

**14**

**15**



**18**  
Steak Fingers  
Dinner Roll  
Baby Bakers  
Okra  
Mixed Fruit &  
Red Apples  
Milk

**19**  
Cheesy Enchiladas  
Cherry Tomatoes  
Refried Beans  
Mixed Berries &  
Sliced Pears  
Milk

**20**  
Hamburger  
Tator Tots  
Baby Carrots  
Grapes & Honeydew  
Milk

**21**  
Beef Teriyaki Dippers  
Asian Brown Rice  
Oriental Veggies  
Lima Beans  
Bananas & Grapefruit  
Milk

**22**  
Cheese Pizza  
Crunchy Broccoli Salad  
Italian Veggies  
Fresh Pears &  
Tidbits  
Milk

**25**  
Chicken Tenders  
Dinner Roll  
Mashed Potatoes  
Green Beans  
Diced Peaches &  
Strawberries  
Milk

**26**  
Beef & Bean Burrito  
Seasoned Corn  
Celery Sticks  
Spanish Rice  
Dried Cranberries &  
Fresh Pears  
Milk

**27**  
Cheeseburger  
Sweet Potato Fries  
Broccoli Bites  
Tropical Fruit &  
Apple Delight  
Milk

**28**  
Spaghetti w/Meat Sauce  
Black-eyed Peas  
Zucchini Squash  
Breadstick &  
Mandarin Oranges & Grapes  
Milk

**29**  
Pepperoni Pizza  
Navy Beans  
Cauliflower w/Cheese  
Bananas &  
Honeydew  
Milk

1

2

3

4

5