

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Jan

FEED YOUR CREATIVITY



Announcements:

- **Menus are subject to change**
- Student account may be pre-paid at the school or online for ala carte items
- Choice of milk served daily

GREAT NEWS

- Breakfast is **FREE** to **ALL** students
- Every breakfast is served with at least 1/2c fruit



	4	5	6	7
	Pop Tarts Juice Apple Slices Milk	French Toast Juice Craisins Milk	Pancake on a Stick Juice Fresh Pears Milk	
10	11	12	13	14
Cereal Bar Juice Raisins Milk	Breakfast Burrito Juice Sliced Apples Milk	Blueberry Muffin Juice Fresh Pears Milk	Biscuit & Sausage Juice Oranges Milk	Donuts Juice Craisins Milk
17	18	19	20	21
NO SCHOOL 	Waffles Juice Oranges Milk	Pop Tarts Juice Apple Slices Milk	French Toast Juice Craisins Milk	Cinnamon Swirls Juice Fruit Milk
24	25	26	27	28
Cereal Bar Juice Raisins Milk	Breakfast Burrito Juice Fresh Pears Milk	Blueberry Muffin Juice Sliced Apples Milk	Biscuit & Sausage Juice Oranges Milk	Donuts Juice Craisins Milk
31				
Breakfast Pizza Juice Raisins Milk				



TEXAS DEPARTMENT OF AGRICULTURE
COMMISSIONER SID MILLER

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GREAT NEWS

- Lunch is **FREE** to **ALL** students
- You must choose 1/2c vegetable and/or 1/2c fruit



Steak Fingers w/Roll or Chicken Fajita
Baby Bakers
Garden Salad
Mixed Berry Cup & Oranges
Milk



Chicken Nuggets or Steak Fingers
Lima Beans
Roasted Yellow Squash
Macaroni & Cheese
Applesauce Cup & Mixed Berry Cup
Milk

Popcorn Chicken w/Dinner Roll or Steak on a Bun
Mashed Potatoes
Green Beans
Craisins & Grapefruit
Milk

Cheesy Enchiladas or Build Your Own Taco Salad
Cherry Tomatoes
Refried Beans
Spanish Rice
Sliced Pears & Grapefruit
Milk

Chicken Quesadilla or Soft Tacos
Sweet Cut Corn
Fresh Salad
HS-Cilantro Lime Rice
Craisins & Green Apples
Milk

Nachos w/Meat or Bean & Beef Burrito
Pinto Beans
Celery Sticks w/Dip
Spanish Rice
Craisins & Diced Peach Cup
Milk

Hamburger or Hot Dogs
Carrot Sticks
Baked Beans
Raisins & Diced Pears
Milk

Hamburger or Chicken Sandwich
MS/HS-Spicy Chicken
HB Trimmings
Celery Sticks / Baby Carrots
Raisins & Grapes
Milk

Cheeseburger or Mini Corn Dogs
Cherry Tomatoes
Broccoli Bites
HB Trimmings
Raisins & Sidekicks
Milk

Hamburger or Fish Nuggets
HS-Fish on Bun
Baby Carrots / Fresh Salad
Raisins & Diced Pears
Milk

Grill Cheese or Salisbury Steak w/Brown Rice & Garlic Toast
Creamed Spinach
Sweet Cut Corn
Grapes & Diced Peach Cup
Milk

Chicken Nuggets or Beef Teriyaki Dippers
Oriental Veggies
Yellow Squash
Asian Brown Rice/HS-Egg Roll
Red Apples & Craisins
Milk

Spaghetti w/Meat Sauce & Breadstick or Meatball Sub
Steamed Carrots
Zucchini Squash
Grapes & Oranges
Milk

BBQ Sandwich or Chicken Alfredo w/Dinner Rolls
Broccoli & Cheese
Roasted Sweet Potatoes
Grapefruit & Mixed Fruit Cup
Milk

Pepperoni Pizza or Pizza Crunchers
Celery Sticks w/Dip
Navy Beans
Oranges & Strawberry Pop
Milk

Cheese Pizza or Calzone
Crunchy Broccoli Salad
Italian Veggies
Sidekicks & Oranges
Milk

Pepperoni Pizza or Boneless Chicken Wings
HS-Garlic Toast w/Wings
Navy Beans
Cauliflower w/Cheese
Strawberries & Frozen Fruit Juice
Milk

Stuffed Crust Pizza or Cheese Sticks w/Marinara
Steamed Cabbage
Seasoned Green Peas
Sidekicks & Oranges
Milk



Frankston ISD Pre-K Lunch Menu 2022

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FEED YOUR CREATIVITY



Announcements:

- Menus are subject to change
- Student account may be pre-paid at the school or online for ala carte items
- Unflavored milk served daily

GREAT NEWS

- Lunch is **FREE** to **ALL** students
- Every Lunch is served with at least 1/4c vegetable and 1/4c fruit

3

4

5

Hamburger
Carrot Sticks
Baked Beans
Raisins
Milk

6

Grill Cheese
Creamed Spinach
Sweet Cut Corn
Diced Peach Cup
Milk

7

Pepperoni Pizza
Celery Sticks w/Dip
Navy Beans
Oranges
Milk

10

Steak Fingers w/Roll
Baby Bakers
Garden Salad
Mixed Berry Cup
Milk

11

Cheesy Enchiladas
Cherry Tomatoes
Refried Beans
Sliced Pears
Milk

12

Hamburger
Celery Sticks
Baby Carrots
Craisins
Milk

13

Chicken Nuggets
Oriental Veggies
Yellow Squash
Red Apples
Milk

14

Cheese Pizza
Crunchy Broccoli Salad
Italian Veggies
Oranges
Milk

17

NO SCHOOL


18

Chicken Quesadilla
Sweet Cut Corn
Fresh Salad
Craisins
Milk

19

Cheeseburger
Cherry Tomatoes
Broccoli Bites
Raisins
Milk

20

Spaghetti w/Meat Sauce &
Breadstick
Steamed Carrots
Zucchini Squash
Oranges
Milk

21

Pepperoni Pizza
Navy Beans
Cauliflower w/Cheese
Strawberries
Milk

24

Chicken Nuggets
Lima Beans
Roasted Yellow Squash
Macaroni & Cheese
Applesauce Cup
Milk

25

Nachos w/Meat
Pinto Beans
Celery Sticks w/Dip
Diced Peach Cup
Milk

26

Hamburger
Baby Carrots
Fresh Salad
Diced Pears
Milk

27

Chicken Alfredo
w/Dinner Rolls
Broccoli & Cheese
Roasted Sweet Potatoes
Mixed Fruit Cup
Milk

28

Stuffed Crust Pizza
Steamed Cabbage
Seasoned Green Peas
Oranges
Milk

31

Popcorn Chicken
w/Dinner Roll
Mashed Potatoes
Green Beans
Grapefruit
Milk



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