



**Frankfort Middle School  
April 2019**



1	2	3	4	5
B – Breakfast Taco, Cereal, Craisins, Milk L – Cheeseburger, Celery w/dip, Sweet Potato Fries, Fruit, Milk	B – Oatmeal Round, Cereal, Fruit, Milk L – Chicken Alfredo, Steamed Broccoli, Carrot w/dip, Mandarin Oranges, Breadstick w/Cheese, Milk SB – General TSO's	B – Biscuit, Sausage Patty, Cereal, Fruit, Milk L – Pork BBQ, Baked Fries, Green Beans, Grapes, Graham Crackers, Milk SB – Corn on the Cob	B – Yogurt, Toast, Cereal, Fruit, Milk L - Chicken Nuggets, California Blend, Carrots w/dip, Roll, Fruit, Milk	B – Mini Pancakes, Syrup, Cereal, Fruit, Milk L – Cheese Pizza, Celery w/dip, Cooked Carrots, Fruit, Milk
8	9	10	11	12
B – Cream Cheese Filled Bagel, Cereal, Fruit, Milk L – Turkey & Cheese Sandwich, Carrots w/dip, Baked Beans, Applesauce, Milk	B – Cheese Omelet, Toast, Craisins, Milk L – Chicken gravy over Biscuit, Cooked Carrots, Romaine Salad, Fruit, Milk SB–Buffalo Dip & Chips	B – Mini Waffles, Syrup, Cereal, Fruit, Milk L – Beef Stew, Carrots & Broccoli w/dip, Diced Pineapple, Cornbread, Milk SB – Grilled Cheese	B – Sausage Gravy over Biscuit, Cereal, Fruit, Milk L – Ham & Cheese Hoagie, Mixed Veggies, Baked Fries, Fruit, Milk	B – French Toast Sticks, Syrup, Cereal, Fruit, Milk L – Cheese Pizza, Celery w/dip, Cooked Cauliflower, Fruit, Milk
15	16	17	18	19
B – Pop Tart, Cereal, Fruit, Milk L – Sloppy Joe, Sweet Potato Fries, Steamed Broccoli, Cookie, Fruit, Milk SB – Chips & Cheese	B – Breakfast Pizza, Cereal, Fruit, Milk L – Baked Chicken, Baked Beans, Carrots w/dip, Diced Strawberries, Roll, Milk SB – Breadstick w/Cheese	B – Donuts, Cereal, Fruit, Milk L – Baked Ham, Au Gratin Potatoes, Cooked Carrots, Applesauce, Roll, Dessert, Milk	No School 	No School 
22	23	24	25	26
No School 	B – Breakfast Bar, Cereal, Fruit, Milk L – Grilled Chicken Patty, Tomato & Lettuce, Baked Beans, Baby Carrots w/dip, Fruit, Milk SB – Orange Chicken	B – Apple Turnover, Cereal, Fruit, Milk L – BBQ Chicken, Cooked Cauliflower, Celery w/dip, Roll, Fruit, Milk SB – Chili & Cornbread	B – Mini French Toast, Syrup, Cereal, Fruit, Milk B – Salisbury Steak, Mashed Potatoes w/Gravy, Green Beans, Roll, Applesauce, Milk	B – Biscuit, Sausage Patty, Cereal, Fruit, Milk L – Pizza, Carrots w/dip, Steamed Broccoli, Fruit, Milk
29	30			
B – Pancakes, Syrup, Cereal, Fruit, Milk L – Macaroni & Cheese, Steamed Broccoli, Celery w/dip, Yogurt, Apple, Roll, Milk	B – Mini Donuts, Cereal, Fruit, Milk L – Chicken Fajita Salad, Baby Carrots w/dip, Cookie, Milk SB – Egg Roll			



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**\*\*Menu is subject to changes due to inclement weather.\*\***  
This institution is an equal opportunity provider.