



**Frankfort Middle School  
October 2019**

30	1	2	3	4
B - Bagel, Cereal, Fruit, Milk L - Grilled Chicken Patty, Carrots, Baked Fries, Fruit, Milk	B - Egg Patty, Toast, Cereal, Fruit, Milk L - Chili, Cornbread, Celery w/dip, Crackers, Fruit, Milk SB - Baked Potato	B - Breakfast Pizza, Cereal, Fruit, Milk L - Macaroni & Cheese, Steamed Broccoli, Carrots w/dip, Yogurt, Apple, Roll, Milk SB - Buffalo Chicken Dip	B - Muffin, Cereal, Fruit, Milk L - Spaghetti, Romaine Salad, Mixed Veggies, Fruit, Breadstick w/cheese, Milk	B - Waffle Sticks, Syrup, Cereal, Fruit, Milk L - Hot Dog, Sweet Potato Fries, Baked Beans, Fruit, Graham Crackers, Milk
7	8	9	10	11
B - Breakfast Taco, Cereal, Craisins, Milk L - Cheeseburger, Celery w/dip, Sweet Potato Fries, Fruit, Milk	B - Oatmeal Round, Cereal, Fruit, Milk L - Chicken & Noodles, Steamed Broccoli, Carrots w/dip, Mandarin Oranges, Roll, Milk SB - BBQ Chicken Leg	B - Biscuit, Sausage Patty, Cereal, Fruit, Milk L - Pork BBQ, Baked Fries, Green Beans, Grapes, Graham Crackers, Milk SB - Orange Chicken	B - Donut, Cereal, Yogurt, Fruit, Milk L - Taco Salad, Salsa & Beans, Tomato & Cucumbers, Double Chocolate Bar, Fruit, Milk	B - Mini Pancakes, Syrup, Cereal, Fruit, Milk L - Popcorn Chicken, California Blend, Celery w/dip, Roll, Fruit, Milk
14	15	16	17	18
No School  Professional Learning Day	B - "Toad in a hole", Cereal, Craisins, Milk L - Chicken Ala King, Biscuit, Cooked Carrots, Romaine Salad, Fruit, Milk SB - Fries and Cheese	B - Mini Waffles, Syrup, Cereal, Fruit, Milk L - Chicken Nuggets, Baked Beans, Broccoli w/dip, Pineapple, Roll, Milk SB - Quesadilla	B - Sausage Gravy on Biscuit, Cereal, Fruit, Milk L - Cheesesteak Sub, Mixed Veggies, Baked Fries, Fruit, Cookie, Milk	B - French Toast Sticks, Syrup, Cereal, Fruit, Milk L - Pizza, Carrots w/dip, Cooked Cauliflower, Fruit, Milk
21	22	23	24	25
B - Cream Cheese filled Bagel, Cereal, Fruit, Milk L - Breaded Drumstick, Baked Beans, Celery w/dip, Strawberries, Roll, Milk	B - Breakfast Pizza, Cereal, Fruit, Milk L - Turkey and Cheese Sandwich, Lettuce, Tomato, Steamed Broccoli, Applesauce, Milk SB - Crustable	B - Pancakes, Syrup, Cereal, Fruit, Milk L - Tomato Soup, Toasted Cheese Sandwich, Romaine Salad, Celery w/dip, Grapes, Milk SB - Buffalo Chicken Pizza	B - Cinnamon Roll, Cereal, Fruit, Milk L - Mini Corndogs, Carrots w/dip, Baked Fries, Bread, Fruit, Milk	B - Toast, Yogurt, Cereal, Fruit, Milk L - Pizza, Mixed Veggies, Carrots w/dip, Fruit, Milk
28	29	30	31	
B - Bagel, Cream Cheese/Jelly, Cereal, Fruit, Milk L - Chicken Tenders, Steamed Broccoli, Carrots w/dip, Fruit, Roll, Milk	B - Breakfast Bar, Cereal, Fruit, Milk L - Sloppy Joe, Mixed Veggies, Sweet Potato Fries, Fruit, Milk SB - BBQ White Ckn Pizza	B - Apple or Cherry Strudel, Cereal, Fruit, Milk L - BBQ Chicken Breast, Cooked Cauliflower, Celery w/dip, Roll, Fruit, Milk SB - Chili Dog	B - Mini French Toast, Syrup, Cereal, Fruit, Milk L - Pizza, Romaine Salad, Mixed Veggies, Fruit, Milk	

\*\*Menu is subject to changes due to inclement weather.\*\*

This institution is an equal opportunity provider.



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