






# elmwood franklin school

## January 1-5 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<p><b>School Closed</b> Happy New Year!</p>		<b>Beef Hamburger</b> <sup>GF, DF</sup> French Fries <sup>DF, V</sup> Corn <sup>GF, DF, V</sup>	<b>Grilled Cheddar Cheese</b> <sup>V</sup> Sweet Potato Fries <sup>GF, DF, V</sup> Broccoli <sup>GF, DF, V</sup>	<b>Pepperoni (Pork) or Cheese</b> <sup>V</sup> Pizza Roasted Diced Potatoes <sup>DF, GF</sup> Carrot Coins <sup>GF, DF, V</sup>	<p><b>GF / DF = Gluten Free, Dairy Free</b> Meal Substitution Available (Upon Request)</p> <p><b>V = Vegetarian</b></p> <p><b>Daily Deli Options</b> Turkey Pepperoni (pork) Roast Beef Cheese Sunbutter Sunbutter &amp; Jelly</p> <p><b>Daily Salad Bar</b> Lettuce Bacon Bits Carrots Croutons Crumbled Eggs Cucumbers Olives Pepperoncini Shredded Cheddar Tomatoes Assorted Dressings</p>
			Veggie Burger <sup>V</sup>	Mediterranean Tuna Salad Wrap <sup>V</sup>	Marinated Portobello Sandwich <sup>V</sup>	
			Chicken Gnocchi	Tomato <sup>V</sup>	Split Pea And Ham	
<b>Mid-Morning Snack</b> <sup>^</sup>			Apple Oat Bar	Whole Grain Fruit Muffin	Banana	

<sup>^</sup>Allergen friendly snack alternative is fresh fruit.




Fresh fruit provided at lunch daily.

Please contact your chef manager, Mike Golba, at [mgolba@elmwoodfranklin.org](mailto:mgolba@elmwoodfranklin.org) with questions on this menu. Menu subject to change.



# elmwood franklin school

## January 8-12 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>Cheese Tortellini with Marinara</b> <sup>V</sup> Garlic Stick <sup>V</sup> Green Beans <sup>GF, DF, V</sup>	<b>Chicken Tacos</b> <sup>GF, DF</sup> Brown Rice <sup>GF, DF, V</sup> Corn <sup>GF, DF, V</sup>	<b>Dr. Pepper Pulled Pork Sandwich</b> <sup>GF, DF</sup> Sweet Potato Fries <sup>GF, DF, V</sup> Roasted Cauliflower <sup>GF, DF, V</sup>	<b>Beef Ravioli</b> Scallop Potatoes <sup>V</sup> Peas <sup>GF, DF, V</sup>	<b>Pepperoni (Pork) or Cheese</b> <sup>V</sup> Pizza Garlic Roasted Potatoes <sup>GF, DF, V</sup> Broccoli <sup>GF, DF, V</sup>	<b>GF / DF = Gluten Free, Dairy Free</b> Meal Substitution Available (Upon Request)  <b>V = Vegetarian</b>  <b>Daily Deli Options</b> Turkey Pepperoni (pork) Roast Beef Cheese Sunbutter Sunbutter & Jelly  <b>Daily Salad Bar</b> Lettuce Bacon Bits Carrots Croutons Crumbled Eggs Cucumbers Olives Pepperoncini Shredded Cheddar Tomatoes Assorted Dressings
	Falafel Wrap <sup>V</sup>	Veggie Greek Flat Bread <sup>GF, DF, V</sup>	Egg Salad Pita <sup>DF, V</sup>	Roasted Veggie Wrap <sup>V</sup>	Tuna Wrap <sup>DF</sup>	
	Cream of Broccoli <sup>GF, V</sup>	French Onion	Creamy Mushroom <sup>GF, V</sup>	Vegetable <sup>GF, DF, V</sup>	Chicken Noodle <sup>GF, DF</sup>	
<b>Mid-Morning Snack</b> <sup>^</sup>	Ritz Crackers and String Cheese	Orange Wedges	Celery Sticks and Sunbutter	Benefit Bar	Whole Grain Cheez-It Crackers	




^Allergen friendly snack alternative is fresh fruit.

Fresh fruit provided at lunch daily.



# elmwood franklin school

## January 15-19 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>School Closed</b>	<b>Beef Tacos</b> <sup>GF, DF</sup> Peppers & Onions <sup>GF, DF, V</sup> Brown Rice <sup>GF, DF, V</sup>	<b>Pancakes</b> <sup>V</sup> Tater Tots <sup>GF, DF, V</sup> Chicken Sausage <sup>GF, DF</sup>	<b>Penne Pasta</b> <sup>GF, DF</sup> , <b>Meatballs (Beef &amp; Chicken) and Marinara</b> Garlic Stick <sup>V</sup> Green Beans <sup>GF, DF, V</sup>	<b>Pepperoni (Pork) or Cheese</b> <sup>V</sup> <b>Pizza</b> Roasted Potatoes <sup>GF, DF, V</sup> Carrots <sup>GF, DF, V</sup>	<b>GF / DF = Gluten Free, Dairy Free</b> Meal Substitution Available (Upon Request)  <b>V = Vegetarian</b>  <b>Daily Deli Options</b> Turkey Pepperoni (pork) Roast Beef Cheese Sunbutter Sunbutter & Jelly  <b>Daily Salad Bar</b> Lettuce Bacon Bits Carrots Croutons Crumbled Eggs Cucumbers Olives Pepperoncini Shredded Cheddar Tomatoes Assorted Dressings
		Black Bean Burger <sup>V</sup>	Veggie Bagel Sandwich with Egg, Spinach, Mushroom Cheese <sup>V</sup>	Falafel Pita <sup>V</sup>	BBQ Tofu Sandwich <sup>GF, DF, V</sup>	
		Cream of Spinach <sup>GF, V</sup>	Split Pea and Ham	Beef Chili <sup>GF</sup>	Beef Taco Soup <sup>GF</sup>	
<b>Mid-Morning Snack</b> <sup>^</sup>		Yogurt Cup	Carrot Sticks and Ranch Dressing	Whole Grain Fruit Muffin	Banana	




<sup>^</sup>Allergen friendly snack alternative is fresh fruit.

Fresh fruit provided at lunch daily.



# elmwood franklin school

## January 22-26 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday	
	<b>Orange Chicken</b> Brown Rice <sup>GF, DF, V</sup> Carrots <sup>GF, DF, V</sup>	<b>Meatball (Beef &amp; Chicken) Bomber</b> French Fries <sup>GF, DF, V</sup> Peas and Carrots <sup>GF, DF, V</sup>	<b>Chicken Sandwich</b> Roasted Garlic Potatoes <sup>GF, DF, V</sup> Green Beans <sup>GF, DF, V</sup>	<b>Hot Dogs (Pork)</b> <sup>DF, GF</sup> Tater Tots <sup>GF, DF, V</sup> Corn <sup>GF, DF, V</sup>	<b>Pepperoni (Pork) or Cheese</b> <sup>V</sup> <b>Pizza</b> Brown Rice <sup>GF, DF, V</sup> Broccoli <sup>GF, DF, V</sup>	<b>GF / DF = Gluten Free, Dairy Free</b> Meal Substitution Available (Upon Request)  <b>V = Vegetarian</b>  <b>Daily Deli Options</b> Turkey Pepperoni (pork) Roast Beef Cheese Sunbutter Sunbutter & Jelly  <b>Daily Salad Bar</b> Lettuce Bacon Bits Carrots Croutons Crumbled Eggs Cucumbers Olives Pepperoncini Shredded Cheddar Tomatoes Assorted Dressings
	Falafel Wrap <sup>V</sup>	Penne Pasta with Broccoli <sup>GF, DF, V</sup>	Marinated Tofu Sandwich <sup>GF, V</sup>	Egg Salad Pita <sup>V</sup>	Housemade Chickpea Burger <sup>DF, V</sup>	
	Tomato <sup>V</sup>	Beans and Greens <sup>GF, DF, V</sup>	Beef Barley	Chicken Noodle <sup>GF, DF</sup>	French Onion	
<b>Mid-Morning Snack</b> <sup>^</sup>	Benefit Bar	Celery Sticks and Sunbutter	Cheese Stick and Crackers	Orange Wedges	Applesauce	

^Allergen friendly snack alternative is fresh fruit.

Fresh fruit provided at lunch daily.