







elmwood franklin school

Thinking beyond.

October 3-7 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheeseburger Coleslaw Seasoned French Fries	Chicken Pot Pie Mixed Vegetables Dinner Roll	SCHOOL CLOSED	Meatball Bomber Roasted Zucchini and Yellow Squash Brown Rice	French Toast Sticks Sausage Patty Breakfast Potatoes
	Apple-Cranberry Salad with a Raspberry Vinaigrette	Garden Rice Bowl		Basil Pesto Pasta	Broccoli and Cheese Egg Bake
	Egg Salad Pita <i>Deli Sandwiches Available Daily</i>	Ham and Swiss on Sourdough <i>Deli Sandwiches Available Daily</i>		Tabouli Hummus Wrap <i>Deli Sandwiches Available Daily</i>	Bacon, Egg, and Cheese Bagel <i>Deli Sandwiches Available Daily</i>
	Tomato Basil Salad Bar Fresh Fruit	Chicken and Rice Salad Bar Fresh Fruit		Italian Wedding Salad Bar Fresh Fruit	Chicken Noodle Salad Bar Fresh Fruit
Mid-Morning Snack	Pretzels and Cheese Sticks	Sun Chips		Cheez-Its	Goldfish Crackers





Menu items may contain ingredients known to cause allergic reactions in some people, including peanuts, tree nuts, soy, milk, seafood, shellfish, wheat/gluten and eggs. Please check with management before consuming any products if you have any sensitivity or allergy to any of these food items.



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October 10-14 Lunch Menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	SCHOOL CLOSED	Philly Cheesesteak Seasoned Broccoli Roasted Sweet Potatoes	Mediterranean Bowl with Chicken Sweet Peas Lebanese Rice	Breaded Chicken Sandwich Roasted Brussel Sprouts Seasoned Potatoes	Buffalo Chicken Pizza Carrots Tatar Tots
		Tomato Feta Pasta	Falafel Pita	Veggie Flatbread Pizza	Roasted Red Pepper Pesto Pasta
		Portobello Mushroom with Pepper Jack and Avocado <i>Deli Sandwiches Available Daily</i>	Avocado Ranch Chicken Wrap <i>Deli Sandwiches Available Daily</i>	Loaded Hummus Wrap <i>Deli Sandwiches Available Daily</i>	Curry Chicken Pita <i>Deli Sandwiches Available Daily</i>
		Cheesy Potato Salad Bar Fresh Fruit	Chicken Gnocchi Salad Bar Fresh Fruit	Cream of Mushroom Soup Salad Bar Fresh Fruit	Italian Wedding Salad Bar Fresh Fruit
Mid-Morning Snack		Apple Muffins	Sun Chips	Yogurt Parfait	Pretzel and Cheese Sticks

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October 17-21 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Bruschetta Chicken Roasted Vegetables Brown Rice	Chicken Tenders Apple Sauce Curly Fries	Cheese Tortellini with Bolognese Sauce Green Beans Parmesan Breadsticks	Pepperoni/Cheese Pizza Vegetable Medley Potato Wedges	NO SCHOOL FOR STUDENTS (Teacher Conference Day)
	Penne with Red Sauce	Southwest Tilapia	Lemon Basil Pasta	Black Bean Burger	
	Ham and Salami on Focaccia <i>Deli Sandwiches Available Daily</i>	Roasted Red Pepper Hummus Wrap <i>Deli Sandwiches Available Daily</i>	Roasted Vegetable Wrap <i>Deli Sandwiches Available Daily</i>	Egg Salad Wrap <i>Deli Sandwiches Available Daily</i>	
	Loaded Potato Salad Bar Fresh Fruit	Broccoli Cheddar Salad Bar Fresh Fruit	Corn Chowder Salad Bar Fresh Fruit	Garden Vegetable Salad Bar Fresh Fruit	
Mid-Morning Snack	Whole Grain Muffins	Fruit with Graham Crackers	US: English Muffins LS: Whole Grain Muffins	Belly Bears	





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October 24-28 Lunch Menu





	Monday	Tuesday	Wednesday	Thursday	Friday
	Grilled Cheese Corn Tater Tots	Soft tacos Refried Beans Spanish Rice	BBQ Pulled Pork Sandwich Corn on the Cob Potato Wedges	Mississippi Pot Roast Roasted Vegetables Corn Bread	Greek Chicken Pizza Roasted Brussel Sprouts Brown Rice
	Corn and Bean Burrito	Marinated Portobello Sandwich	Italian Herb Crusted Tilapia	Pasta Primavera	Lemon Basil Pasta
	BLT Wrap <i>Deli Sandwiches Available Daily</i>	Roasted Vegetable Wrap <i>Deli Sandwiches Available Daily</i>	Roasted Red Pepper Hummus Pita <i>Deli Sandwiches Available Daily</i>	Roast Beef and Cheddar with Creamy Horseradish Aioli <i>Deli Sandwiches Available Daily</i>	Ham and Swiss on Marble Rye <i>Deli Sandwiches Available Daily</i>
	Tomato Salad Bar Fresh Fruit	Chicken Tortilla Salad Bar Fresh Fruit	Loaded Potato Salad Bar Fresh Fruit	White Bean Soup Salad Bar Fresh Fruit	Garden Vegetable Salad Bar Fresh Fruit
Mid-Morning Snack	Jungle Crackers	Rice Chex	Soft Pretzels	Cheez-Its	Oatbars

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October 31-November 4 Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	Basil Pesto Pasta Italian Blend Veg Garlic Breadsticks	Fiesta Bowl with Chicken Street Corn Cilantro Lime Rice	Italian Sausage with Peppers and Onions on a Hoagie Roll Steamed Broccoli French Fries	Stuffed Banana Pepper Pasta Roasted Zucchini and Yellow Squash Sweet Potatoes	Orange Chicken Stir-Fry Vegetables Jasmine Rice
	Cobb Salad	Garden Burger with Siracha Lime Aioli	Marinated Portobello Sandwich	Turkey Burger	Asian Chopped Salad with Citrus Ginger Vinaigrette
	Ham and Cheddar with Honey Mustard <i>Deli Sandwiches Available Daily</i>	Caprese on Focaccia <i>Deli Sandwiches Available Daily</i>	Corned Beef and Swiss on Marble Rye <i>Deli Sandwiches Available Daily</i>	Grilled Chicken Caesar Wrap <i>Deli Sandwiches Available Daily</i>	Roasted Red Pepper Hummus Wrap <i>Deli Sandwiches Available Daily</i>
	French Onion Salad Bar Fresh Fruit	Texas Chili Salad Bar Fresh Fruit	Tomato Basil Salad Bar Fresh Fruit	Garden Vegetable Salad Bar Fresh Fruit	Egg Drop Salad Bar Fresh Fruit
Mid-Morning Snack	Multigrain Cheerios	Vanilla Wafer	White Cheddar Popcorn	GoldFish	Fruit with Graham Crackers

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