









# elmwood franklin school

## Lunch Menu September 2-6, 2019





	Monday	Tuesday	Wednesday	Thursday	Friday
			<p>Pot Roast</p> <p>Steamed Broccoli Garlic Mash potatoes</p>	<p>Mexican Fiesta Rice Bowl with Chicken</p> <p>Roasted Corn Nachos and Salsa</p>	<p>Pepperoni Pizza</p> <p>Mixed Vegetables Tater Tots</p>
	<p><b>Closed—Labor Day</b></p>	<p><b>Welcome Day &amp; New Student Orientation</b></p>	<p>Whole Grain Pasta with Red Sauce</p>	<p>Chipotle Black Bean Burger</p>	<p>Cobb Salad</p>
			<p>Roasted Red Pepper Hummus Wrap</p> <p><i>Made-to-Order Deli</i></p>	<p>Tuna and Cheddar on Sourdough</p> <p><i>Made-to-Order Deli</i></p>	<p>Ham &amp; Swiss on Marble Rye</p> <p><i>Made-to-Order Deli</i></p>
			<p>Butternut Squash</p> <p>Fresh Fruit Salad Bar</p>	<p>Mexican Vegetables</p> <p>Fresh Fruit Salad Bar</p>	<p>Chicken Noodle</p> <p>Fresh Fruit Salad Bar</p>
<p><b>Mid-Morning Snack</b></p>			<p>US: Carrots with Ranch LS: Carrots with Sunbutter</p>	<p>Whole Grain Muffins</p>	<p>Chex Cereal</p>

*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.*



# elmwood franklin school

## Lunch Menu September 9-13, 2019





	Monday	Tuesday	Wednesday	Thursday	Friday
	Philly Cheesesteak Glazed Carrots Mashed Potatoes	Citrus Pork Tacos Seasoned Corn Cilantro Lime Rice	Veggie Flatbread Pizza Sweet Peas Roasted Red Potatoes	Sweet and Sour Chicken Stir-Fry Vegetables Jasmine Rice	Meatball Bomber Broccoli Rice and Beans
	Wheat Pasta Primavera	Southwest Salad	Cajun Chicken	Vegetable Spring Rolls	Lemon Pepper Tilapia
	Roasted Vegetable Pita <i>Made-to-Order Deli</i>	Turkey in the grass <i>Made-to-Order Deli</i>	Italian Assorted on Focaccia <i>Made-to-Order Deli</i>	Banh Mi Pork Sandwich <i>Made-to-Order Deli</i>	Toasted Cuban on Sourdough <i>Made-to-Order Deli</i>
	French Onion Fresh Fruit Salad Bar	Chicken Tortilla Fresh Fruit Salad Bar	Pasta Fagioli Fresh Fruit Salad Bar	Egg Drop Fresh Fruit Salad Bar	Roasted Red Pepper Fresh Fruit Salad Bar
<b>Mid-Morning Snack</b>	Cheese Sticks and Crackers	Goldfish Crackers	Soft Pretzels	Fruit with Graham Crackers	Cinnamon Raisin Bagels

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# elmwood franklin school

## Lunch Menu September 16-20, 2019





	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheeseburger Mixed Vegetables Tater Tots	Baja Chicken with Pineapple Salsa  Roasted Corn Nachos and Salsa	Greek Pizza  Sweet Peas Brown Rice	Chicken Parmesan  Roasted Cauliflower Garlic Butter Breadsticks	Waffles with Fruit Topping  Broccoli Chicken Sausage
	Marinated Portobello Sandwich	Seasoned Fish Tacos	Whole Wheat Penne Pasta with Red Sauce	Caesar Salad	Vegetable Frittata
	Tuna in the Grass  <i>Made-to-Order Deli</i>	Mushroom Pita  <i>Made-to-Order Deli</i>	Tabbouleh Hummus Pita  <i>Made-to-Order Deli</i>	Ham and Swiss  <i>Made-to-Order Deli</i>	Sunbutter and Banana  <i>Made-to-Order Deli</i>
	Chicken and Rice  Fresh Fruit Salad Bar	Roasted Tomatillo  Fresh Fruit Salad Bar	Beef Noodle  Fresh Fruit Salad Bar	Italian Wedding  Fresh Fruit Salad Bar	Broccoli Cheddar  Fresh Fruit Salad Bar
<b>Mid-Morning Snack</b>	Pretzel Rods with Cheese Sticks	Vanilla Yogurt with Graham Crackers	Heartzles	Bean and Veggie Crackers	Sun Chips

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# elmwood franklin school

## Lunch Menu September 23-27, 2019





	Monday	Tuesday	Wednesday	Thursday	Friday
	Stuffed Shells  Roasted Zucchini Dinner Roll	Soft Tacos  Black Bean and Corn Spanish Rice	Roast Beef on Weck  Roasted Brussel Sprouts Garlic Mash Potatoes	Buffalo Chicken Pizza  Glazed Carrots Sweet Potatoes	Mac and Cheese  Mixed Vegetables Brown Rice
	Lemon Basil Pasta	Veggie Burrito	Southwest Tilapia	Cobb Salad	Turkey Burger
	Ham and Salami with Provolone on Focaccia  <i>Made-to-Order Deli</i>	Turkey in the Grass  <i>Made-to-Order Deli</i>	Ham and Cheddar on Marble Rye  <i>Made-to-Order Deli</i>	Roast Beef and Swiss on Ciabatta  <i>Made-to-Order Deli</i>	Roasted Veggie Wrap  <i>Made-to-Order Deli</i>
	Vegetable Minestrone  Fresh Fruit Salad Bar	Texas Chili  Fresh Fruit Salad Bar	Cream of Mushroom  Fresh Fruit Salad Bar	Corn Chowder  Fresh Fruit Salad Bar	Tomato  Fresh Fruit Salad Bar
<b>Mid-Morning Snack</b>	US: Apple Jacks Prep & LS: Rice Chex	US: English Muffins LS: Whole Grain Muffins	Yogurt with Fruit	Bananas	Animal Crackers

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## Lunch Menu September 30-October 4, 2019

	Monday	Tuesday	Wednesday	Thursday	Friday
	Chicken Tenders  Apple Sauce Potato Wedges	BBQ Pulled Pork Sandwich  Roasted Cauliflower Brown Rice	Chicken Alfredo  Broccoli Garlic Breadsticks	Beef and Broccoli  Stir-Fry Vegetables Jasmine Rice	Chicken Cordon Blue  Roasted Vegetables Mash Potatoes
	Pasta Primavera	Veggie Wrap	Wheat Penne with Red Sauce	Vegetable Spring Rolls	Baked Tilapia with a Pineapple Teriyaki Glaze
	Tuna Salad  <i>Made-to-Order Deli</i>	Fried Bologna with Peppers and Onions  <i>Made-to-Order Deli</i>	Turkey and Swiss with Avocado Aioli  <i>Made-to-Order Deli</i>	Buffalo Chicken Wrap  <i>Made-to-Order Deli</i>	Caesar Salad Pita  <i>Made-to-Order Deli</i>
	Cheesy Noodle  Fresh Fruit Salad Bar	French Onion  Fresh Fruit Salad Bar	Potato Gnocchi  Fresh Fruit Salad Bar	Oriental  Fresh Fruit Salad Bar	Garden Vegetable  Fresh Fruit Salad Bar
<b>Mid-Morning Snack</b>	Cheese it Crackers	US: Carrots with Ranch Prep & LS: Carrots with Hummus	Cheerios	Pretzel Rods with Cheese Sticks	Whole Grain Muffins

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