

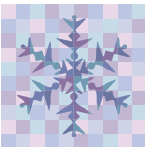


January

Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3	4	5
<p>No School</p> 	<p>Turkey BLT on a Pretzel Roll Sunchips Cucumbers & Dip</p>	<p>Farm Fresh Sausage Sub Roasted Peppers & Onions Assorted Baked Chips</p>	<p>Chicken & Broccoli Alfredo Garlic Breadstick Harvest Salad</p>	<p>Crispy Chicken Sandwich Whole Grain Roll Lettuce & Tomato French Fries</p>
8	9	10	11	12
<p>Shepherds Pie WG Roll Garden Salad</p>	<p>Taco Tuesday Soft Wheat Tortillas Lettuce, Tomato, Cheddar, Salsa & Sour Cream Refried Beans</p>	<p>Turkey Feast! Roasted Turkey & Gravy, Mashed Potato, Stuffing, Farm Fresh Butternut Squash, Cranberry Sauce & Whole Wheat Roll</p>	<p>Chicken Fajita Bowl Cilantro Lime Rice Black Beans Mexicali Corn Salsa & Cheddar Cheese</p>	<p>BBQ Chicken Flatbread Broccoli Salad Buttered Corn</p>
15	16	17	18	19
<p>No School Martin Luther King Day</p> 	<p>Pizza Dippers Marinara Sauce Spinach Salad</p>	<p>Chicken Parmesan Penne Pasta Garlic Toast Roasted Vegetables</p>	<p>BBQ Pulled Pork on Whole Grain Roll Tater Tots Creamy Power Slaw</p>	<p>Steak & Cheese Sub Roasted Peppers & Onions Baked Chips Cucumber Coins & Dip</p>
22	23	24	25	26
<p>No School Inservice Day</p>	<p>Cheeseburger or Veggie Burger on WG Bun Lettuce/Tom/Pickles Zesty Potato Wedges</p>	<p>Pasta Bar Meat or Alfredo Sauce Garlic Breadstick Steamed Broccoli Bites Assorted Veggie Dippers</p>	<p>Macaroni & Cheese with Ham Warm Wheat Roll Buttered Peas Roasted Ranch Chickpeas</p>	<p>Spicy Chicken Sandwich Whole Grain Roll Lettuce & Tomato Sunchips</p>
29	30	31		
<p>Fresh Meatloaf & Gravy Mashed Potatoes WG Roll Glazed Carrots</p>	<p>Vegetable Eggroll with Chicken Lo Mein Fortune Cookie Try out Some Chopsticks!</p>	<p>Chicken Tenders Rice Pilaf Corn Warm Breadstick</p>		<p>All Meals are served with whole grain rich products. Assorted Fruits, Vegetables, and low fat milk options are offered daily</p>

It is the policy of Franklin County Technical School not to discriminate on the basis of homeless status, sexual orientation, transgender, gender identity, creed, color, national origin or disability in its educational programs, activities or employment policies.
Menu subject to change without notice.

Available Daily:
Pizza Choices
Assorted Sandwiches
& Specialty Salad Meals

Lunch \$2.75
Reduced \$.40
Breakfast \$1.75
Reduced \$.30

FCTS 2018

Breakfast
Mondays
Whole Grain French Toast Sticks Syrup Cup Assorted Fruit 100% Juice & Milk
Tuesdays
Sausage, Egg & Cheese Breakfast Sandwich Assorted Fruit 100% Juice & Milk
Wednesdays
Bagel with Cream Cheese Assorted Fruit 100% Juice & Milk
Thursdays
Bacon, Egg & Cheese Breakfast Sandwich Assorted Fruit 100% Juice & Milk
Fridays
Fruit & Yogurt Parfait Fresh Baked Granola Assorted Fruit 100% Juice & Milk

Other Breakfast Choices

Offered Daily:

Assorted Cereal

Cereal Bars & Yogurt

Smoothies