



## Elementary Menu

Franklin Public Schools Food Service

2023-2024



# 2023 September



### School Meals are Free!

School Breakfast and Lunch will be free for all students regardless of eligibility. It is still recommended to apply for Free & Reduced Meals to potentially be connected with additional benefits.

### To Apply For Free & Reduced Meals Visit:

[www.linqconnect.com](http://www.linqconnect.com)

### See Back Page For More Important Information

### Menu Icons



Chef Crafted



Entire Meal Gluten Free











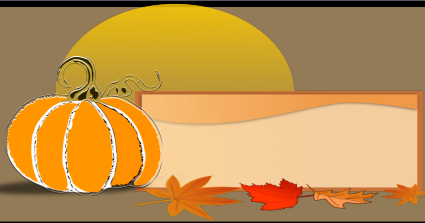
Entire Meal is Vegan

Daily Specials are available everyday for the entire year!










Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
4 <b>No Lunch:</b> <b>Labor Day</b>	5 <b>Chicken Tenders</b> Whole Wheat Dinner Roll Fresh Seasoned Green Beans Dipping Sauces	6 <b>Ramen Bowl</b> Korean BBQ Chunks Carrots, Bell Pepper, Broccoli, Corn Vegetable Broth Noodles  	7 <b>Locally Sourced Steak Tips</b> Brown Rice Roasted Asparagus 	8 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
11 <b>Pancakes</b> Chicken Sausage Hash Brown Syrup	12 <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli Florets  	13 <b>Macaroni &amp; Cheese</b> Cheesy Breadstick Fresh Snap Peas	14 <b>Roasted Turkey</b> Mashed Potato Roasted Carrots Garlic Breadstick 	15 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
18 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	19 <b>Chicken Patty Sandwich</b> Wheat Roll Baked Fries	20 <b>Cheese Ravioli</b> Cheesy Breadstick Lemon Pepper Zucchini	21 <b>Locally Sourced Fish &amp; Chip Bake</b> Garlic Breadstick Roasted Vegetables 	22 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
25 <b>No Lunch:</b> <b>Yom Kippur</b>	26 <b>No Lunch:</b> <b>Early Release</b>	27 <b>Whole Grain Soft Pretzel</b> Strawberry Banana Smoothie String Cheese	28 <b>Beef Nachos</b> Taco Beef, Tortilla Chips, Cheese Sauce, Shredded Lettuce, Salsa 	29 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
<b>~Daily Specials~</b> Pizza Square PB&J Meal Caesar Salad Meal Chicken Caesar Meal Cereal Meal Bagel Meal Gluten Free Selection	<b>~Daily Specials~</b> Pizza Square PB&J Meal Caesar Salad Meal Chicken Caesar Meal Cereal Meal Bagel Meal Gluten Free Selection	<b>~Daily Specials~</b> Pizza Square PB&J Meal Caesar Salad Meal Chicken Caesar Meal Cereal Meal Bagel Meal Gluten Free Selection	<b>~Daily Specials~</b> Pizza Square PB&J Meal Caesar Salad Meal Chicken Caesar Meal Cereal Meal Bagel Meal Gluten Free Selection	<b>~Daily Specials~</b> PB&J Meal Caesar Salad Meal Chicken Caesar Meal Cereal Meal Bagel Meal Gluten Free Selection



# October

2023

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>French Toast Sticks</b> Tater Tots	3 <b>Chicken Bites</b> Wild Rice Roasted Eggplant	4 <b>Pasta with Chunky Italian Red Sauce</b> Dinner Roll Fresh Green Beans 	5 <b>Pot Roast</b> Carrots & Potato Garlic Breadstick 	6 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
9 <b>No Lunch:</b> <b>Indigenous People Day</b>	10 <b>Turkey Rice Bowl</b> Shredded Turkey Spanish Rice Roasted Bell Peppers 	11 <b>Mozzarella Bites</b> Texas Toast Marinara Sauce	12 <b>Pasta &amp; Meatball</b> Lemon Pepper Zucchini	13 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
16 <b>Waffles</b> Sausage Hash Brown	17 <b>Hot Dog on Whole Wheat Roll</b> Baked Fries	18 <b>No Lunch:</b> <b>Early Release</b>	19 <b>BBQ Ribs</b> Avocado Quinoa Salad Corn 	20 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
23 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	24 <b>Sesame Garlic Chicken</b> Chow Mein Green Beans 	25 <b>Whole Grain Soft Pretzel</b> Strawberry Banana Smoothie String Cheese	26 <b>Carnitas Tacos</b> Brown Rice Local Tortillas Salsa Verde Cotija Cheese Cabbage Slaw 	27 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
30 <b>Pancakes</b> Sausage Hash Brown	31 <b>Chicken Patty Sandwich</b> Baked Fries			



## Recipe of the Month

### Salsa Verde

(Featured on October 26)

- 1 Pound Tomatillos, husked
- 1 Spanish Onion, quartered
- 4 Cloves Garlic, peeled
- 2 Jalapeno, Stems Removed, Sliced in half
- 1.5 Tablespoon Olive Oil
- Salt and Pepper
- 2 Teaspoons Ground Cumin
- 1 Teaspoon Salt
- 1/2 Cup Fresh Cilantro
- 1/2 Lime, Juice only

Toss tomatillos, onion, garlic, and jalapeno with oil, salt, and pepper. Roast on sheet pan at 400°F for 15 minutes. Transfer to food processor or blender and add remaining ingredients. Blend until combined, but still chunky. Enjoy with Chips!



# 2023 November



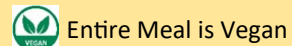
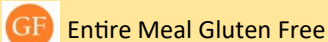
### All Meals Include:

Protein, Whole Grain Rich Grains, Assortment of Fresh Fruits and Vegetables, and Milk!







### Fresh Fruit & Vegetable Bar

Everyday students get to choose from a large variety of fresh fruit and vegetables. The selections vary everyday and include whole fresh fruits and vegetables, freshly cut fruits and vegetables, salads, and more!

### Menu Icons



Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Grill Cheese Tomato Soup</b>	2 <b>Chicken Tagine</b> Bulgur Salad Moroccan Carrot Salad 	3 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
6 <b>Waffle Sticks</b> Sausage Hash Brown	7 <b>No Lunch:</b> <b>PD Day</b>	8 <b>Hamburger on Wheat Roll</b> Baked Fries	9 <b>No Lunch:</b> <b>PD Day</b>	10 <b>No Lunch:</b> <b>Veteran's Day</b>
13 <b>Pancakes</b> Sausage Tater Tots	14 <b>Roasted Chicken Drumstick</b> <b>Quinoa Salad</b> Baby Potato  <b>GF</b>	15 <b>No Lunch:</b> <b>Parent Conferences</b>	16 <b>No Lunch:</b> <b>Parent Conferences</b>	17 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
20 <b>French Toast Sticks</b> Hash Brown	21 <b>Pot Roast</b> Carrots & Potato Garlic Breadstick 	22 <b>No Lunch:</b> <b>Thanksgiving Break</b>	23 <b>No Lunch:</b> <b>Thanksgiving Break</b>	24 <b>No Lunch:</b> <b>Thanksgiving Break</b>
27 <b>Waffles</b> Sausage Tater Tots	28 <b>Chicken Teriyaki</b> Chow Mein Broccoli Florets 	29 <b>Macaroni &amp; Cheese</b> Cheesy Breadstick Fresh Snap Peas	30 <b>Korean BBQ Beef</b> Brown Rice Stir Fry Vegetables 	



# December

2023

Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
4 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	5 <b>Chicken Patty Sandwich</b> Baked Fries	6 <b>Cheese Ravioli</b> Cheesy Breadstick Lemon Pepper Zucchini	7 <b>Locally Sourced Fish &amp; Chip Bake</b> Garlic Breadstick Roasted Vegetables 	8 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
11 <b>Snowflake Waffles! Sausage</b> Hash Brown	12 <b>Marinated Chicken Risotto</b> Roasted Butternut Squash 	13 <b>Whole Grain Soft Pretzel</b> Strawberry Banana Smoothie String Cheese	14 <b>Beef Nachos</b> Taco Beef, Tortilla Chips, Cheese Sauce, Shredded Lettuce, Salsa 	15 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
18 <b>French Toast Sticks</b> Tater Tots	19 <b>Chicken Bites</b> Wild Rice Roasted Eggplant	20 <b>Pasta with Chunky Italian Red Sauce</b> Dinner Roll Fresh Green Beans 	21 <b>Pot Roast</b> Carrots & Potato Garlic Breadstick 	22 <b>No Lunch:</b> <b>PD Half Day</b>
25 <b>No Lunch:</b> <b>Winter Break</b>	26 <b>No Lunch:</b> <b>Winter Break</b>	27 <b>No Lunch:</b> <b>Winter Break</b>	28 <b>No Lunch:</b> <b>Winter Break</b>	29 <b>No Lunch:</b> <b>Winter Break</b>



## Recipe of the Month

### Chicken Enchilada Soup

- 1 Tablespoon Olive Oil
- 1 Onion, chopped
- 1 Clove Garlic, chopped
- 1 Pound Chopped or Shredded Cooked Chicken
- 2—32oz Containers Chicken Stock
- 1/2 Pound Frozen Corn
- 1 Can Black Beans
- 1/2 Recipe of Salsa Verde (See October Recipe)
- 2 # American Cheese

Heat oil in a stock pot. Add onion and garlic and cook 2-5 minutes. Add Chicken and stir to combine. Pour in chicken stock and bring to a simmer. Add corn, beans, and salsa verde. Stir occasionally and bring to a simmer. Slowly melt in cheese. Top with shredded cheese and tortilla strips.



# 2024 January



## We Buy Local!

Our department takes pride in providing some farm to table options. We are always growing our local partners. We currently partner with:

Silverwood Organic Farm, Sherborn  
MeatWorks, Westport  
North Coast Seafood, Boston  
Reds Best Seafood, Boston

Through Worcester Regional Food Hub:

Little Leaf Farms, Devens  
Rattle Root Farm, Princeton  
Wards Berry Farm, Sharon

\*See website for newly added

## Menu Icons



Chef Crafted

















Entire Meal Gluten Free



Entire Meal is Vegan

Menu is subject to change

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>No Lunch: Winter Break</b>	2 <b>Hot Dog on Whole Wheat Roll</b> Baked Fries	3 <b>Teriyaki Noodle Bowl</b> Edamame & Red Bell Pepper Salad Teriyaki Bites  	4 <b>BBQ Ribs</b> Avocado Quinoa Salad Corn  	5 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
8 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	9 <b>Sesame Garlic Chicken</b> Chow Mein Green Beans 	10 <b>Greek Rice Bowl</b> Wild Rice Mediterranean Salad Falafel Feta, Tzatziki 	11 <b>Carnitas Tacos</b> Brown Rice Local Tortillas Salsa Verde Cotija Cheese Cabbage Slaw  	12 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
15 <b>No Lunch: ML King Jr Day</b>	16 <b>No Lunch: Half PD Day</b>	17 <b>Hamburger on Wheat Roll</b> Baked Fries	18 <b>Chicken Tagine</b> Bulgur Salad Moroccan Carrot Salad 	19 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
22 <b>Snowflake Waffles!</b> Sausage Hash Brown	23 <b>Orange Chicken</b> Chicken & Vegetable Dumplings Ginger Slaw 	24 <b>Grill Cheese Tomato Soup</b>	25 <b>Korean BBQ Beef</b> Brown Rice Stir Fry Vegetables 	26 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
29 <b>Pancakes</b> Sausage Tater Tots	30 <b>Roasted Chicken Drumstick</b> <b>Quinoa Salad</b> Baby Potato  	31 <b>Meatball Sub</b> Sweet Potato Fries		



# February

2024

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <b>Teriyaki Chicken</b> Chow Mein Snap Peas 	2 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
5 <b>Waffles</b> Sausage Hash Brown	6 <b>Chicken Tenders</b> Mediterranean Quinoa Salad Green Beans	7 <b>Ramen Bowl</b> Korean BBQ Chunks Carrots, Bell Pepper, Broccoli, Corn Vegetable Broth Noodles  	8 <b>Locally Sourced Steak Tips</b> Brown Rice Roasted Asparagus 	9 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
12 <b>Snowflake Waffle Sausage</b> Tater Tots	13 <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli Florets  	14 <b>Macaroni &amp; Cheese</b> Cheesy Breadstick Fresh Snap Peas	15 <b>Roasted Turkey</b> Mashed Potato Roasted Carrots Garlic Breadstick 	16 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
19 <b>No Lunch:</b> <b>Winter Break</b>	20 <b>No Lunch:</b> <b>Winter Break</b>	21 <b>No Lunch:</b> <b>Winter Break</b>	22 <b>No Lunch:</b> <b>Winter Break</b>	23 <b>No Lunch:</b> <b>Winter Break</b>
26 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	27 <b>Chicken Patty</b> Baked Fries	28 <b>Cheese Ravioli</b> Cheesy Breadstick Lemon Pepper Zucchini	29 <b>BBQ Ribs</b> Avocado Quinoa Salad Corn  	



## Recipe of the Month

### Angel Food Cake

- 1 Cup Egg Whites
- 3/4 Cup Sugar
- 1/4 Cup Corn Starch, sifted
- 1/3 Cup Flour, sifted
- 1/2 Teaspoon Salt
- 1 Teaspoon Cream of Tartar, sifted
- 1 Teaspoon Vanilla.

Beat Egg whites until stiff peaks form. Add sugar gradually and continue to beat. Fold in remaining ingredients. Pour into sprayed tube pan. Baked at 325 fir about 1 hour until golden browned. Cool pan upside down.





# 2024 March



### Food Composting

Students are reducing food waste by participating in Food Composting! For more info, see our website!



### Menu Icons

Chef Crafted










Entire Meal Gluten Free

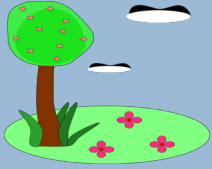


Entire Meal is Vegan

Visit: [www.linqconnect.com](http://www.linqconnect.com) for nutritional and allergen info








Monday	Tuesday	Wednesday	Thursday	Friday
				1 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
4 <b>Waffle Sticks</b> Sausage Hash Brown	5 <b>No Lunch:</b> <b>1/2 Conferences Day</b>	6 <b>No Lunch:</b> <b>1/2 Conferences Day</b>	7 <b>Beef Nachos</b> Taco Beef, Tortilla Chips, Cheese Sauce, Shredded Lettuce, Salsa 	8 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
11 <b>French Toast Sticks</b> Tater Tots	12 <b>Chicken Bites</b> Wild Rice Roasted Eggplant	13 <b>Pasta with Chunky Italian Red Sauce</b> Dinner Roll Fresh Green Beans 	14 <b>Pot Roast</b> Carrots & Potatoes Garlic Breadstick 	15 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
18 <b>Waffles</b> Sausage Hash Brown	19 <b>Turkey Rice Bowl</b> Shredded Turkey Spanish Rice Roasted Bell Peppers  	20 <b>Mozzarella Bites</b> Texas Toast Marinara Sauce	21 <b>Pasta &amp; Meatball</b> Lemon Pepper Zucchini	22 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
25 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	26 <b>Hot Dog on Whole Wheat Roll</b> Baked Fries	27 <b>Teriyaki Noodle Bowl</b> Edamame & Red Bell Pepper Salad Teriyaki Bites  	28 <b>No Lunch:</b> <b>1/2 PD Day</b>	29 <b>No Lunch:</b> <b>Good Friday</b>





# April

2024

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Pancakes</b> Sausage Hash Browns	2 <b>Sesame Garlic Chicken</b> Chow Mein Green Beans	3 <b>Soft Pretzel Smoothie</b> String Cheese	4 <b>Carnitas Tacos</b> Brown Rice Local Tortillas Salsa Verde Cotija Cheese Cabbage Slaw 	5 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
8 <b>French Toast</b> Tater Tots	9 <b>Chicken Patty Sandwich</b> Baked Fries	10 <b>Marinated Chicken</b> Risotto Roasted Butternut Squash 	11 <b>Garlic French Bread Pizza</b> Fresh Fruit & Vegetable Bar	12 <b>No Lunch:</b> <b>1/2 Day</b>
15 <b>No Lunch:</b> <b>April Break</b>	16 <b>No Lunch:</b> <b>April Break</b>	17 <b>No Lunch:</b> <b>April Break</b>	18 <b>No Lunch:</b> <b>April Break</b>	19 <b>No Lunch:</b> <b>April Break</b>
22 <b>Waffles Sticks</b> Sausage Hash Brown	23 <b>Orange Chicken</b> Chicken & Vegetable Dumpling Ginger Slaw 	24 <b>Hamburger on Wheat Roll</b> Baked Fries	25 <b>Korean BBQ Beef</b> Brown Rice Stir Fry Vegetables 	26 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
29 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	30 <b>Roasted Chicken Drumstick</b> Quinoa Salad Roasted Baby Potato  			



## Recipe of the Month

### Garlic Herb Roasted Turkey

- 3 QT Water
- 1/3 Cup Sugar
- 1/3 Cup Salt
- Fresh Rosemary, Thyme, Whole Black Peppercorns
- 1 Turkey Breast
- 1/3 Cup Olive Oil
- 2 Clove Garlic, chopped
- 1 Lemon Juice Only
- 1 sprig Fresh Thyme, minced
- 1 sprig Fresh Rosemary, minced
- 2 Leaves Fresh Sage, minced
- 2 Tablespoon Mustard Powder

Heat water, sugar, salt, rosemary, thyme, and peppercorns. Stir until sugar dissolves and then chill to room temp. Place Turkey in prepared mixture over night. Mix oil with remaining ingredients. Place turkey in baking dish and smother with garlic oil mixture. Roast until temperature reaches 180°F, around 1.5 hour.



# 2024 May
















## School Wellness Advisory Council

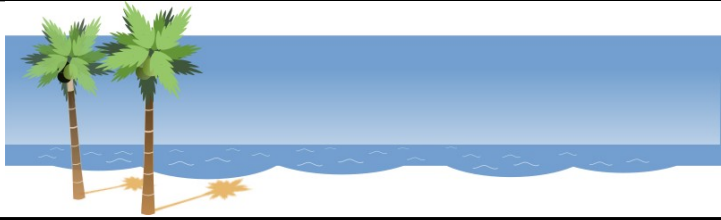
The Franklin School Wellness Advisory Council (SWAC) has been established to recommend, review and help implement school district policies addressing school nutrition, nutrition education, physical activity, and related issues that affect student health. Visit our website:

<https://sites.google.com/franklinps.net/swac/home>

### Menu Icons

-  Chef Crafted
-  Entire Meal Gluten Free
-  Entire Meal is Vegan

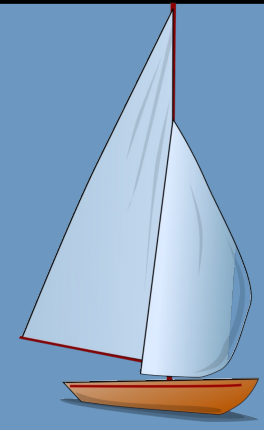
Monday	Tuesday	Wednesday	Thursday	Friday
		1 <b>Meatball Sub</b> Baked Fries	2 <b>Teriyaki Chicken</b> Chow Mein Snap Peas 	3 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
6 <b>Waffles</b> Sausage Hash Browns	7 <b>Chicken Tenders</b> Mediterranean Quinoa Salad Green Beans	8 <b>Ramen Bowl</b> Korean BBQ Chunks Carrots, Bell Pepper, Broccoli, Corn Vegetable Broth Noodles  	9 <b>Locally Sourced Steak Tips</b> Brown Rice Roasted Asparagus 	10 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
13 <b>Pancakes</b> Sausage Tater Tots Syrup	14 <b>Sweet &amp; Sour Chicken</b> Brown Rice Broccoli Florets  	15 <b>Macaroni &amp; Cheese</b> Cheesy Breadstick Fresh Snap Peas	16 <b>Roasted Turkey</b> Mashed Potato Roasted Carrots Garlic Breadstick 	17 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
20 <b>Egg &amp; Cheese on Whole Wheat Croissant</b> Tater Tots	21 <b>Chicken Patty Sandwich</b> Wheat Roll Baked Fries	22 <b>Cheese Ravioli</b> Cheesy Breadstick Lemon Pepper Zucchini	23 <b>Locally Sourced Fish &amp; Chip Bake</b> Garlic Breadstick Roasted Vegetables 	24 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar
27 <b>No Lunch:</b> <b>Memorial Day</b>	28 <b>Chicken Bites</b> Dinner Roll Green Beans	29 <b>Pasta with Chunky Italian Red Sauce</b> Dinner Roll Fresh Green Beans 	30 <b>Korean BBQ Beef</b> Brown Rice Stir Fry Vegetables 	31 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar



# June

2024

Monday	Tuesday	Wednesday	Thursday	Friday
3 <b>Waffles</b> Sausage Hash Browns	4 <b>Hot Dog on Whole Wheat Roll</b> Baked Fries	5 <b>BBQ Ribs</b> Avocado Quinoa Salad Corn  	6 <b>Cheese Pizza</b> Fresh Fruit & Vegetable Bar	7 <b>No Lunch:</b> <b>1/2 Day</b>
10 <b>Pancakes</b> Sausage Tater Tots Syrup	11 <b>Chicken Tenders</b> Mediterranean Quinoa Salad Green Beans	12 <b>Macaroni &amp; Cheese</b> Cheesy Breadstick Snap Peas	13 <b>Garlic French Bread Pizza</b> Fresh Fruit & Vegetable Bar	14 <b>Last Scheduled Day of School</b> <b>No Lunch</b>
17	18	19	20	21
24	25	26	27	28



## Garlic Rosemary Chicken

- 1 Pound Chicken Breast, skinless, boneless
- 3 Cloves Garlic Chopped
- 1/2 Cup Olive Oil
- 2 Sprigs Fresh Rosemary, Minced
- 1/4 Cup Red Wine Vinegar
- 1 Tablespoon Whole Grain Mustard
- Salt & Pepper

Mix all ingredients together except chicken to make marinade. Place in Bag and add chicken. Marinate over night. Grill or Roast chicken until internal temperature of 165°F.

## Food Service Contact Information

Food Service Director: Colin Boisvert

Assistant Food Service Director: Maura Crowley

Phone: 508-613-1477

Website: [www.franklinps.net/district/food-services](http://www.franklinps.net/district/food-services)

## Prepayment Meal Accounts

We Accept Cash or Check written to: Franklin Food Service at every cash register

Or Pay Online at: [www.linqconnect.com](http://www.linqconnect.com)

## School Meals Are Free!

The First Reimbursable Breakfast and Lunch are free. 2nd meals and any additional food is not free.

Students will need money on account, cash, or check to purchase additional food or snacks/water.

## Free & Reduced Applications

Paper applications are available at your school's main office, food service office, or online.

Apply online! Visit our website to apply online without completing a paper application!



Free & Reduced Application



Online Menu Nutritional and Allergen Info



Food Service Home Page

## Daily Specials

### Available Daily:

- Pizza Square
- PB&J
- Assorted Entrée Salads
- Cereal Meal
- Bagel Meal
- Gluten Free Selections

\*Menu is subject to change - check website for any updates

### Sides Available Daily:

Fresh Fruit  
Fresh Vegetables  
Milk

## Non-Discrimination Statement

In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity.

Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotope, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339.

To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online at: <https://www.usda.gov/sites/default/files/documents/USDA-OASCR%20P-Complaint-Form-0508-0002-508-11-28-17Fax2Mail.pdf>, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by:

1. mail:

U.S. Department of Agriculture  
Office of the Assistant Secretary for Civil Rights  
1400 Independence Avenue, SW  
Washington, D.C. 20250-9410; or

2. fax:

(833) 256-1665 or (202) 690-7442; or

3. email:

[program.intake@usda.gov](mailto:program.intake@usda.gov)

This institution is an equal opportunity provider.