



JANUARY | 2023

FREDERICKTOWN SCHOOL

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SCHOOL	3 NO SCHOOL	4 NO SCHOOL	5 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Chicken Sandwich Green Beans Pineapple Milk	6 BREAKFAST: Muffin Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
9 BREAKFAST: Pop Tart Juice, Milk & Fruit LUNCH: Bosco Sticks w/ Sauce Broccoli Apple Milk	10 BREAKFAST: Stick Bite Juice, Milk & Fruit LUNCH: Chicken Tenders/Roll Green Beans Pineapple Milk	11 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Cheese Crunchers Corn Orange Milk	12 BREAKFAST: Mini Waffles Juice, Milk & Fruit LUNCH: Texas Straw Hat (Fritos, Chili & Cheese) Peaches Milk	13 BREAKFAST: Sausage Gravy Biscuit Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
16 NO SCHOOL	17 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Cheeseburger Tator Tots Apple Milk	18 BREAKFAST: Mini Pancakes Juice, Milk & Fruit LUNCH: Chicken Nuggets/Roll Green Beans Pineapple Milk	19 BREAKFAST: Yogurt & Graham Juice, Milk & Fruit LUNCH: Spaghetti/Garlic Bread Veggies Orange Milk	20 BREAKFAST: Omelet/Toast Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
23 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Hot Dog Baked Beans Apple Milk	24 BREAKFAST: Pancake Wrap Juice, Milk & Fruit LUNCH: Beef & Cheese Nacho Lettuce Orange Milk	25 BREAKFAST: Cinnamon Roll Juice, Milk & Fruit LUNCH: Chicken Sandwich Green Beans Pineapple Milk	26 BREAKFAST: Cereal Bar Juice, Milk & Fruit LUNCH: French Toast/Sausage Hash Brown Banana Milk	27 BREAKFAST: Mini French Toast Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
30 BREAKFAST: Muffin Juice, Milk & Fruit LUNCH: Quesadilla Black Beans Orange Milk	31 BREAKFAST: Breakfast Pizza Juice, Milk & Fruit LUNCH: Grilled Cheese Soup (High School) Pears Milk	1	2	3

News

Menu is subject to change due to Availability of product. K-5 is serve, 6-12 Offer vs serve, and this allows the students in 6-12 the right to refuse up to two lunch items or breakfast item on the planned menu. One item at lunch must be ½ cup of fruit or vegetable.

PRICES:
Breakfast: 1-5 \$1.25,
6-12 \$1.50, Adult \$2.00.
Reduced 0.30
Lunch: 1-5 \$2.45,
6-12 \$2.70, Adult \$4.00
Reduced \$0.40

USDA is an Equal Opportunity Provider.

EVERYDAY
HS/JR High Cold bar with fresh fruit and fresh vegetables.
Elementary Carrots are offered daily.