

# Fredericksburg Middle School

**January 2024**

**thru**

**May 2024**

## Menu

\* Menu Subject to Change Due to Availability \*

Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Jan. 8	Cinnamon Toast Crunch Soft Filled Bar	Strawberry Cream Cheese Bagel	Yogurt Parfait/Datmeal Muffin Squares	Scrambled Eggs w/ Ham	Bean & Cheese Breakfast Taco
Jan. 29					
Feb. 19	Chicken Nuggets/Roll	Pizza Crunchers	Chicken & Waffles	Street Tacos	Tangerine Chicken
March 18	Mashed Potatoes/Gravy	Buttered Noodles	Crinkle Cut Fries	w/Cilantro Ranch Dressing	Pineapple Fried Rice
April 8	Crunchy Corn	Seasoned Green Beans	Mini Carrots	Homemade Beans & Rice	Broccoli Normandy
April 29	Fresh Garden Salad	Veggie Dippers	Fresh Garden Salad	Fresh Garden Salad	Cucumber Salad
Week 2					
Jan. 15	Sausage Biscuit	Oatmeal/Cinnamon Toast	Breakfast Taco	Yogurt Parfait/Datmeal Muffin Squares	Eggo Cinnamon Mini Waffles
Feb. 5					
Feb. 26	Sicilian Style Cheese Calzone	Hot Wings	Chicken Spaghetti	Nacho Grande	BBQ Pulled Pork Sandwich
March 25	Italian Green Beans	Savory Seasoned Fries	Garlic Breadstick	or Cheese Nachos	Baked Beans
April 15	Fresh Garden Salad	Celery Sticks w/Ranch	Glazed Carrots	Refried Beans	Baked Lay's Chips
May 6	Apple Crisp	Fresh Vegetable Medley	Tossed Caesar Salad	Spanish Rice	Mini Carrots
Week 3					
Jan. 22	Pancake/Sausage on a Stick	Cinnamon Roll	Yogurt Parfait/Datmeal Muffin Squares	Cinnamon Glazed French Toast	Cheesy Scrambled Eggs
Feb. 12					
4-Mar	Cheese Filled Breadsticks	Breaded Beef Strips	Popcorn Chicken Bowl	Chicken Alfredo / Garlic Knot	Chicken Fajitas
April 15	w/Marinara Sauce	Homemade Mac & Cheese	(Chicken, Mashed Potatoes, Corn, Gravy)	Steamed Broccoli	Homemade Pinto Beans
April 22	Seasoned Green Beans	Peas & Carrots	Mini Cornbread Loaf	Tossed Caesar Salad	Homemade Spanish Rice
May 13	Fresh Garden Salad	Fresh Vegetable Medley	Mini Carrots	Banana Pudding	Cucumber Salad

May 20-23 Manager's Choice

## Menu Items Offered Daily: Burgers, Pizza, Sub Sandwiches, Chef Salads

### BREAKFAST

CEREAL W/TOAST OR MUFFIN IS OFFERED DAILY OR STUDENTS MAY CHOOSE THE DAILY SELECTION.

MILK, JUICE AND AN ASSORTMENT OF FRESH AND CANNED FRUITS OFFERED DAILY.

STUDENTS MUST TAKE AT LEAST 1 SERVING (1/2 CUP) OF FRUIT OR FRUIT JUICE AND 2 OTHER ITEMS. STUDENTS MAY TAKE 2 FRUITS OR 1 FRUIT AND 1 FRUIT JUICE AT NO EXTRA CHARGE.

- \* Student Holiday - January 15
- \* Student Holiday - February 19
- \* Spring Break - March 11-15
- \* School Holiday - March 29
- \* School Holiday - April 1
- \* School Holiday - April 8

### LUNCH

DAILY CHOICES INCLUDE ALL 5 COMPONENTS: FRUITS, VEGETABLES, PROTEIN, GRAINS (ALL GRAINS ARE WHOLE GRAIN) AND MILK (FAT FREE OR 1%). AN ASSORTMENT OF FRESH AND CANNED FRUITS OFFERED DAILY.

STUDENTS MUST TAKE AT LEAST 1/2 CUP OF A FRUIT OR VEGETABLE AND 2 OTHER COMPONENTS. STUDENTS MAY TAKE 2 OR 3 VEGETABLES AT NO EXTRA CHARGE.

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, audiotape, 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/ad-3027.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: **mail**: U.S. Department of Agriculture, Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; or **fax**: (833) 256-1665 or (202) 690-7442; or **email**, [Program.Intake@usda.gov](mailto:Program.Intake@usda.gov). This institution is an equal opportunity provider.