

SEPTEMBER | 2023

FREDERICKTOWN SCHOOL



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

28	29	30	31	1 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
4 NO SCHOOL	5 BREAKFAST: Muffin Juice, Milk & Fruit LUNCH: Chicken Nuggets/Roll Green Beans Pineapple Milk	6 BREAKFAST: Mini Pancakes Juice, Milk & Fruit LUNCH: Cheese Crunchers Fresh Broccoli Apple Milk	7 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Cheeseburger Fries Orange Milk	8 BREAKFAST: Cinnamon Roll Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
11 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Mini Corn Dogs Corn Apple Milk	12 BREAKFAST: Mini Waffle Juice, Milk & Fruit LUNCH: Quesadilla Black Beans Orange Milk	13 BREAKFAST: Breakfast Pizza Juice, Milk & Fruit LUNCH: Chicken Tenders/Roll Green Beans Pineapple Milk	14 BREAKFAST: Pop Tart Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk	15 NO SCHOOL
18 BREAKFAST: Mini French Toast Juice, Milk & Fruit LUNCH: Chicken Patty Sandwich Green Beans Pineapple Milk	19 BREAKFAST: Omelet/Toast or Muffin Juice, Milk & Fruit LUNCH: Beef & Cheese Nachos Refried Beans Orange Milk	20 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Ham & Cheese Sandwich Fresh Veggies Peaches Milk	21 BREAKFAST: Pancake Wrap Juice, Milk & Fruit LUNCH: French Toast/Sausage Hash Brown Banana Milk	22 BREAKFAST: Doughnut Holes Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
25 BREAKFAST: Yogurt & Graham Juice, Milk & Fruit LUNCH: Bosco Sticks w/Sauce Broccoli Apple Milk	26 BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Hot Dog Baked Beans Orange Milk	27 BREAKFAST: Sausage Gravy & Biscuit Juice, Milk & Fruit LUNCH: Grilled Cheese Sun Chips Watermelon Milk	28 BREAKFAST: Muffin Juice, Milk & Fruit LUNCH: Chicken Drumstick Potato Salad Mixed Fruit Milk	29 BREAKFAST: Cereal Bar Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk

News

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.

Free/Reduced \$0

Lunch: 1-5 \$2.50,
6-12 \$2.75, Adult \$4.00

Free/Reduced \$0

Milk \$0.50

USDA is an Equal Opportunity Provider.

EVERYDAY

HS/JR High Cold bar with fresh fruit and fresh vegetables.

Elementary Carrots are offered daily.