



SEPTEMBER

FREDERICKTOWN SCHOOLS

WEDNESDAY

THURSDAY

NO SCHOOL	BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Chicken Sandwich Green Beans Pineapple Milk	BREAKFAST: Mini French Toast Juice, Milk & Fruit LUNCH: Corn Dog Baked Beans Orange Milk	BREAKFAST: Pop Tart Juice, Milk & Fruit LUNCH: Ham & Cheese Corn Grapes Milk	BREAKFAST: Pancake wrap Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Chicken Tenders/Roll Green Beans Pineapple Milk	BREAKFAST: Yogurt & Graham Juice, Milk & Fruit LUNCH: Beef & Cheese Nachos Black Beans Orange Milk	BREAKFAST: Doughnut Holes Juice, Milk & Fruit LUNCH: Cheese Crunchers Broccoli Apple Milk	BREAKFAST: Breakfast Pizza Juice, Milk & Fruit LUNCH: Cheeseburger Tator Tots Peaches Milk	BREAKFAST: Mini Waffles Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
BREAKFAST: Muffin Juice, Milk & Fruit LUNCH: Hot Dog Baked Beans Apple Milk	BREAKFAST: Mini Pancakes Juice, Milk & Fruit LUNCH: French Toast/Sausage Hash Brown Banana Milk	BREAKFAST: Sausage Gravy & Biscuit Juice, Milk & Fruit LUNCH: Chicken Nugget/Roll Green Beans Pineapple Milk	BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Grilled Cheese Sun Chips Orange Milk	BREAKFAST: Cinnamon Roll Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk
BREAKFAST: Cereal Bar Juice, Milk & Fruit LUNCH: Bosco Sticks W/Sauce Broccoli Mixed Fruit Milk	BREAKFAST: Pop Tart Juice, Milk & Fruit LUNCH: Chicken Drumstick Potato Salad Peaches Milk	BREAKFAST: Cereal & Cheese Juice, Milk & Fruit LUNCH: Quesadilla Refried Beans Apple Milk	BREAKFAST: Omelet/Toast Juice, Milk & Fruit LUNCH: Pizza Salad Applesauce Milk	NO SCHOOL
30 BREAKFAST:	Prices: Breakfast K-5 \$1.30, 6-12 \$1.55 Reduced \$0 Adult \$2.05 Lunch K-5 \$2.60 6-12 \$2.85 Reduced \$0 Adult \$4.10			

Milk \$0.50. Availability of product depends on menu change. K-5 is serve, 6-12 is offer verses serve. 6-12 has the right to refuse up to 2 lunch items or 1 breakfast

item on planned menu. One item of ½ cup, fruit or vegetable must be taken. Everyday Hs/Jr school has cold bar with fresh fruit and vegetables. Elementary

USDA is an Equal Opportunity Provider

TUESDAY

carrots are offered daily.

MONDAY

Cereal & Cheese

Juice, Milk & Fruit

LUNCH:

Chicken Sandwich Green Beans

Pineapple