

2024 OCTOBER

FREDERICKTOWN SCHOOL

MONDAY

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
Availability of product depends on menu change. USDA is an Equal Opportunity Provider.

TUESDAY

1 **BREAKFAST:**
Mini French Toast
Juice, Milk & Fruit
LUNCH:
Taco
Black Beans/Orange
Milk

WEDNESDAY

2 **BREAKFAST:**
Pop Tart
Juice, Milk & Fruit
LUNCH:
Cheese Crunchers
Fresh Veggies/Grapes
Milk

THURSDAY

3 **BREAKFAST:**
Pancake Wrap
Juice, Milk & Fruit
LUNCH:
Ham & Cheese Sandwich
Corn/Peaches
Milk

FRIDAY

4 **BREAKFAST:**
Yogurt & Graham
Juice, Milk & Fruit
LUNCH:
Pizza
Salad/Applesauce
Milk

7 **BREAKFAST:**
Mini Waffles
Juice, Milk & Fruit
LUNCH:
Hot Dog
Baked Beans/Apple
Milk

8 **BREAKFAST:**
Doughnut Holes
Juice, Milk & Fruit
LUNCH:
French Toast/Sausage
Hash Brown/Banana
Milk

9 **BREAKFAST:**
Breakfast Pizza
Juice, Milk & Fruit
LUNCH:
Chicken Tenders/Roll
Green Beans/Pineapple
Milk

10 **BREAKFAST:**
Cereal & Cheese
Juice, Milk & Fruit
LUNCH:
Macaroni & Cheese
Broccoli/Pears
Milk

11 **BREAKFAST:**
Muffin
Juice, Milk & Fruit
LUNCH:
Pizza
Salad/Applesauce
Milk

14
NO SCHOOL

15 **BREAKFAST:**
Cereal & Cheese
Juice, Milk & Fruit
LUNCH:
Chicken Nuggets/Roll
Green Beans/Pineapple
Milk

16 **BREAKFAST:**
Sausage Gravy & Biscuit
Juice, Milk & Fruit
LUNCH:
Quesadilla
Refried Beans/Orange
Milk

17 **BREAKFAST:**
Mini Pancakes
Juice, Milk & Fruit
LUNCH:
Grilled Cheese
Tomato Soup/Mixed Fruit
Milk

18 **BREAKFAST:**
Cereal Bar
Juice, Milk & Fruit
LUNCH:
Pizza
Salad/Applesauce
Milk

21 **BREAKFAST:**
Cereal & Cheese
Juice, Milk & Fruit
LUNCH:
Bosco Sticks w/Sauce
Broccoli/Apple
Milk

22 **BREAKFAST:**
Omelet/Toast
Juice, Milk & Fruit
LUNCH:
Corn Dog
Baked Beans/Orange
Milk

23 **BREAKFAST:**
Bagel & Cream Cheese
Juice, Milk & Fruit
LUNCH:
Chicken Drum Stick
Corn/Peaches
Milk

24 **BREAKFAST:**
Cinnamon Roll
Juice Milk & Fruit
LUNCH:
Pizza
Salad/Applesauce
Milk

25
NO SCHOOL

28
NO SCHOOL

29 **BREAKFAST:**
Cereal & Cheese
Juice, Milk & Fruit
LUNCH:
Chicken Sandwich
Green Beans/Pineapple
Milk

30 **BREAKFAST:**
Pop Tart
Juice, Milk & Fruit
LUNCH:
Cheeseburger
French Fries/Apple
Milk

31 **BREAKFAST:**
Breakfast Sandwich
Juice, Milk & Fruit
LUNCH:
Spaghetti/Garlic Bread
Salad
Milk

K-5 is serve, 6-12 is offer vs serve, 6-12 has the right to refuse up to 2 lunch items or 1 breakfast item on planned menu. ½ cup fruit or vegetable must be taken. HS/JR has cold bar every day. Elementary carrots are offered every day