

NOVEMBER 2026

FREDERICKTOWN K-12 BREAKFAST

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

2 BREAKFAST:
Mini French Toast
Juice, Fruit* and Milk

3 BREAKFAST:
Cereal & Cheese
Juice, Fruit* and Milk

4 BREAKFAST:
Omelet/Bread
Juice, Fruit* and Milk

5 BREAKFAST:
Yogurt & Grahams
Juice, Fruit* and Milk

6 BREAKFAST:
Pop Tart
Juice, Fruit* and Milk

9 BREAKFAST:
Waffle
Juice, Fruit* and Milk

10 BREAKFAST:
Cereal & Cheese
Juice, Fruit* and Milk

11 BREAKFAST:
Doughnut Holes
Juice, Fruit* and Milk

12 BREAKFAST:
Muffin and Cheese
Juice, Fruit* and Milk

13 BREAKFAST:
Pop Tart
Juice, Fruit* and Milk

16 BREAKFAST:
Mini Pancakes
Juice, Fruit* and Milk

17 BREAKFAST:
Cereal & Cheese
Juice, Fruit* and Milk

18 BREAKFAST:
Breakfast Pizza
Juice, Fruit* and Milk

19 BREAKFAST:
Yogurt & Grahams
Juice, Fruit* and Milk

20 BREAKFAST:
Pop Tart
Juice, Fruit* and Milk

23 BREAKFAST:
Mini Waffle
Juice, Fruit* and Milk

24 BREAKFAST:
Cereal & Cheese
Juice, Fruit* and Milk

25 NO SCHOOL

26 NO SCHOOL

27 NO SCHOOL

30 NO SCHOOL

News

BREAKFAST: K-12
\$1.50 Reduced \$0
Adult \$ 3.00

*Variety of fruits
Oranges, apples,
applesauce cups,
raisins and Craisins

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opportunity provider,
employer and lender

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FREDERICKTOWN Middle & High SCHOOL LUNCH

MONDAY

2 LUNCH:
Pepperoni Pizza
Salad
Applesauce
Milk
GRAB & GO**
Chicken Caesar
Salad or Ham & Cheese
Sandwich or PBJ

9 LUNCH:
Cheese Pizza
Salad
Applesauce
Milk
GRAB & GO**
Pasta Salad or BLT Wrap or PBJ

16 LUNCH:
Old School Pizza
Salad
Applesauce
Milk
GRAB & GO**
Spinach Salad or Grinder
Sandwich or PBJ

23 LUNCH:
Pizza (Variety)
Salad
Applesauce
Milk
GRAB & GO**
PBJ Sandwich

30 NO SCHOOL

TUESDAY

3 LUNCH:
Walking Taco
Black Beans
Orange Sherbet
Milk
GRAB & GO**
Chicken Caesar Salad or Ham
and Cheese Sandwich or PBJ

10 LUNCH:
Quesadilla
Refried Beans
Grapes
Milk
GRAB & GO**
Pasta Salad or BLT Wrap or PBJ

17 LUNCH:
Enchiladas
Pinto Beans
Orange
Milk
GRAB & GO**
Spinach Salad or Grinder
Sandwich or PBJ

24 LUNCH:
Cheese Crunchers
Veggies
Apple
Milk
GRAB & GO**
PBJ Sandwich

WEDNESDAY

4 LUNCH:
Macaroni & Cheese Or Ravioli
Salad
Apple
Milk
GRAB & GO**
Chicken Caesar Salad or Ham
and Cheese Sandwich or PBJ

11 LUNCH:
Bosco Sticks W/Sauce
Broccoli
Apple
Milk
GRAB & GO**
Pasta Salad or BLT Wrap or PBJ

18 LUNCH:
French Toast/Sausage
Hash Brown
Banana
Milk
GRAB & GO**
Spinach Salad or Grinder
Sandwich or PBJ

25 NO SCHOOL

THURSDAY

5 LUNCH:
Grilled Cheese
Soup
Pears
Milk
GRAB & GO**
Chicken Caesar Salad or Ham
and Cheese Sandwich or PBJ

12 LUNCH:
Cheeseburger
Tater Tots
Orange
Milk
GRAB & GO**
Pasta Salad or BLT Wrap or PBJ

19 LUNCH:
Coney Dog or Plain Footlong
Green Peppers
Peaches
Milk
GRAB & GO**
Spinach Salad or Grinder
Sandwich or PBJ

26 NO SCHOOL

FRIDAY

6 LUNCH:
Spicy or Regular Chicken Patty
Smiley Potatoes
Orange
Milk
GRAB & GO**
Chicken Caesar Salad or Ham
and Cheese Sandwich or PBJ

13 LUNCH:
Chicken Nuggets/Roll
Green Beans
Pineapple
Milk
GRAB & GO**
Pasta Salad or BLT Wrap or PBJ

20 LUNCH:
Baked Chicken/Roll
Mashed Potatoes/Green Beans
Casserole
Apple Slices with Carmel Dip
Milk
GRAB & GO**
Spinach Salad or Grinder
Sandwich or PBJ

27 NO SCHOOL

News

Availability of Product depends on Menu change.

Students have the right to refuse 2 lunch items. ½ cup fruit or Vegetable a must.

Prices: 6-12 \$3.00

Reduced \$0

Adult and Staff \$5.00

**Salads, cold Sandwiches and PBJ are in grab and Go containers that make a complete lunch.

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