

FREDERICK COUNTY ELEMENTARY & MIDDLE
BREAKFAST MENU 2017-2018

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Choose 1:</u> Strawberry Shortcake or Sausage Biscuit or Yogurt w/Graham Crackers or Cereal w/ Toast	<u>Choose 1:</u> Mini Waffles or Sausage Gravy Over Biscuit or Yogurt w/Graham Crackers or Cereal w/ Toast	<u>Choose 1:</u> Pancakes w/ Syrup or Egg and Cheese on a Biscuit or Yogurt Parfait or Cereal w/ Toast	<u>Choose 1:</u> Chicken Patty on a Biscuit or Pizza Breakfast Bagel or Yogurt w/Graham Crackers or Cereal w/ Toast	<u>Choose 1:</u> Breakfast Pizza or French Toast Sticks w/Syrup or Yogurt w/Graham Crackers or Cereal w/ Toast
<u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<u>Choose 1 or 2</u> Assorted Fruit Choice or Juice

Additional fresh fruits may be offered daily.

Each student must choose 2 items and 1 item must be a 1/2 cup fruit to be a reimbursable meal.

All meals are served with a variety of low fat or fat free milk daily.

