



# December

# 2017

## FREDERICK COUNTY ELEMENTARY SCHOOLS

### School Meals: The Real Deal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Note: Additional Fruits &amp; vegetables may be offered daily. Students must select at least 1/2 cup of a fruit and/or vegetable.</p>				PIZZA or HAM & CHEESE SUB Choose 1 or 2 TOMATO CUP LIMA BEANS Choose 1 FRESH FRUIT PEACH CUP
4 CHICKEN PATTY on bun or MACARONI AND CHEESE w/ roll Choose 1 or 2 OVEN BAKED FRIES POWER PEAS Choose 1 FRESH FRUIT PEAR CUP	5 PIZZA STICKS w/sauce or SLOPPY JOE on bun Choose 1 or 2 BROCCOLI AUGRATIN POTATOES Choose 1 FRESH FRUIT PINEAPPLE CUP	6 TACO w/ meat & cheese or HOT DOG on bun Choose 1 or 2 STEAMED CARROTS REFRIED BEANS Choose 1 FRESH FRUIT APPLESAUCE SUGAR COOKIE	7 GRILLED CHEESE SANDWICH or MEAT BALL SUB Choose 1 or 2 VEGETABLE SOUP w/crackers BAKED BEANS CRUNCHY CARROT STICKS w/ dip Choose 1 FRESH FRUIT MIXED FRUIT CUP	8 CHICKEN NUGGETS w/ roll or FISH SQUARE on bun Choose 1 or 2 SNAPPY GREEN BEANS SWEET POTATOES Choose 1 FRESH FRUIT PEACH CUP
11 CHEESEBURGER on bun or CHICKEN PATTY on bun Choose 1 or 2 SWEET POTATO PUFFS PINTO BEANS Choose 1 FRESH FRUIT PEAR CUP	12 PIZZA or HAM & CHEESE SUB Choose 1 or 2 STEAMED CARROTS SNAPPY GREEN BEANS Choose 1 FRESH FRUIT PINEAPPLE CUP	13 HOT DOG on bun or CHICKEN NUGGETS w/ roll Choose 1 or 2 GOLDEN CORN TOMATO CUP Choose 1 FRESH FRUIT APPLESAUCE	14 TURKEY w/ stuffing & roll or BAKED HAM w/ stuffing & roll Choose 1 or 2 MASHED POTATOES w/ gravy GREEN PEAS Choose 1 FRESH FRUIT MIXED FRUIT CUP HOLIDAY CAKE	15 MACARONI AND CHEESE w/ roll or FISH SQUARE on bun Choose 1 or 2 TATER TOTS BROCCOLI Choose 1 FRESH FRUIT PEACH CUP
18 HOT HAM & CHEESE on bun or CHEESEBURGER on bun Choose 1 or 2 BAKED BEANS CRUNCHY CARROTS w/dip TATER TOTS Choose 1 FRESH FRUIT PEAR CUP	19 SPAGHETTI w/ MEAT SAUCE & roll or BIG BAD BURRITO w/ salsa Choose 1 or 2 GREEN LEAFY SALAD CARROTS Choose 1 FRESH FRUIT PINEAPPLE CUP	20 MEATLOAF w/ roll or FISH NUGGETS w/roll Choose 1 or 2 MASHED POTATOES w/ brown gravy SNAPPY GREEN BEANS Choose 1 FRESH FRUIT APPLESAUCE CHOCOLATE CHIP COOKIE		

**\*Additional Meal Choices:** Offered Daily  
 Salad w/ soft pretzels or  
 Yogurt w/ soft pretzels

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

# Happy New Year!

"USDA is an equal opportunity provider and employer."