



November

FREDERICK COUNTY ELEMENTARY SCHOOLS



2017

School Meals: The Real Deal

Monday

Tuesday

Wednesday

Thursday

Friday

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



TACO w/meat & cheese
or
HOT DOG on bun
Choose 1 or 2
STEAMED CARROTS
REFRIED BEANS
Choose 1
FRESH FRUIT
APPLESAUCE

SUGAR COOKIE

GRILLED CHEESE SANDWICH
or
MEATBALL SUB
Choose 1 or 2
VEGETABLE SOUP w/crackers
BAKED BEANS
CRUNCHY CARROT STICKS
w/dip
Choose 1
FRESH FRUIT
MIXED FRUIT CUP

CHICKEN NUGGETS w/roll
or
FISH SQUARE on bun
Choose 1 or 2
SNAPPY GREEN BEANS
SWEET POTATOES
Choose 1
FRESH FRUIT
PEACH CUP

HOT HAM & CHEESE on bun
or
CHEESEBURGER on bun
Choose 1 or 2
BAKED BEANS
CRUNCHY CARROTS w/dip
TATER TOTS
Choose 1 or 2
FRESH FRUIT
PEAR CUP



NO
SCHOOL

MEATLOAF w/ roll
or
FISH NUGGETS w/ roll
Choose 1 or 2
MASHED POTATOES w/ gravy
SNAPPY GREEN BEANS
Choose 1
FRESH FRUIT
APPLESAUCE

CHOCOLATE CHIP COOKE

HAM & CHEESE on Croissant
or
GRILLED CHEESE SANDWICH
Choose 1 or 2
TOMATO SOUP w/crackers
POWER PEAS
Choose 1
GIGGLING GRAPES
MIXED FRUIT CUP



BBQ BEEF RIB PATTY w/ roll
or
TUNA SALAD on bun
Choose 1 or 2
BROCCOLI
SWEET POTATOES
Choose 1
FRESH FRUIT
PEACH CUP

CHEESEBURGER on bun
or
CHICKEN PATTY on bun
Choose 1 or 2
SWEET POTATO PUFFS
PINTO BEANS
Choose 1
FRESH FRUIT
PEAR CUP

PIZZA
or
HAM & CHEESE SUB
Choose 1 or 2
STEAMED CARROTS
SNAPPY GREEN BEANS
Choose 1
FRESH FRUIT
PINEAPPLE CUP



HOT DOG on bun
or
CHICKEN NUGGETS w/roll
Choose 1 or 2
GOLDEN CORN
TOMATO CUP
Choose 1
FRESH FRUIT
APPLESAUCE



TURKEY w/roll & stuffing
or
BAKED HAM w/roll & stuffing
Choose 1 or 2
MASHED POTATOES w/ gravy
GREEN PEAS
Choose 1
FRESH FRUIT
MIXED FRUIT CUP



MACARONI AND CHEESE w/roll
or
FISH SQUARE on bun
Choose 1 or 2
TATER TOTS
BROCCOLI
Choose 1
FRESH FRUIT
PEACH CUP

NACHOS w/cheese & meat
or
STEAK & CHEESE SUB
Choose 1 or 2
PARSLEY POTATOES
GOLDEN CORN
Choose 1
FRESH FRUIT
PEAR CUP

CHEESEBURGER on bun
or
HOT DOG on bun
Choose 1 or 2
TATER TOTS
PINTO BEANS
Choose 1
FRESH FRUIT
PINEAPPLE CUP

NO
SCHOOL

NO
SCHOOL



NO
SCHOOL

CORN DOG
or
TURKEY SUB
Choose 1 or 2
CRUNCHY CARROT STICKS
w/dip
BAKED BEANS
Choose 1
FRESH FRUIT
PEAR CUP

CHICKEN TENDERS w/roll
or
SALISBURY STEAK w/ roll
Choose 1 or 2
MASHED POTATOES w/ gravy
SNAPPY GREEN BEANS
Choose 1
FRESH FRUIT
PINEAPPLE CUP

PANCAKES w/SAUSAGE
or
FRENCH TOAST w/EGG PATTY
Choose 1
POTATO WEDGES
Choose 1
JUICE
APPLESAUCE

Pork Rib w/ roll
or
CHICKEN NUGGETS w/roll
Choose 1 or 2
GREEN LEAFY SALAD
GOLDEN CORN
Choose 1
GIGGLING GRAPES
MIXED FRUIT CUP



Note: Additional Fruits & vegetables may be offered daily. Students must select at least 1/2 cup of a fruit and/or vegetable.

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

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