



October 2017







2017

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

FREDERICK COUNTY ELEMENTARY SCHOOLS

School Meals: The Real Deal

Monday	Tuesday	Wednesday	Thursday	Friday
2 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 	3 PIZZA STICKS w/sauce or SLOPPY JOE on bun Choose 1 or 2 BROCCOLI AUGRATIN POTATOES Choose 1 FRESH FRUIT PINEAPPLE CUP	4 TACO w/meat & cheese or HOT DOG on bun Choose 1 or 2 STEAMED CARROTS REFRIED BEANS Choose 1 FRESH FRUIT APPLESAUCE SUGAR COOKIE	5 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	6 CHICKEN NUGGETS w/roll or FISH SQUARE on bun Choose 1 or 2 SNAPPY GREEN BEANS SWEET POTATOES Choose 1 FRESH FRUIT PEACH CUP
9 HOT HAM & CHEESE on bun or CHEESEBURGER on bun Choose 1 or 2 BAKED BEANS TATER TOTS Choose 1 FRESH FRUIT PEAR CUP 	10 RAVIOLI w/cheese stick & roll or BIG BAD BURRITO Choose 1 or 2 GREEN LEAFY SALAD GOLDEN CORN Choose 1 FRESH FRUIT PINEAPPLE CUP SALSA	11 CHICKEN POT PIE or TUNA SALAD on bun Choose 1 or 2 CRUNCHY CARROT STICKS w/dip SNAPPY GREEN BEANS Choose 1 FRESH FRUIT APPLESAUCE CHOCOLATE CHIP COOKIE	12 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 	13 BBQ PULLED PORK on bun or FISH NUGGETS w/roll Choose 1 or 2 BROCCOLI SWEET POTATOES Choose 1 FRESH FRUIT PEACH CUP 
16 NACHOS w/cheese & meat or STEAK & CHEESE SUB Choose 1 or 2 PARSLEY POTATOES GOLDEN CORN Choose 1 FRESH FRUIT PEAR CUP	17 CHEESEBURGER on bun or HOT DOG on bun Choose 1 or 2 TATER TOTS PINTO BEANS Choose 1 FRESH FRUIT PINEAPPLE CUP 	18 PIZZA STICKS w/sauce or COLD CUT on bun Choose 1 or 2 GREEN LEAFY SALAD STEAMED CARROTS Choose 1 FRESH FRUIT APPLESAUCE	19 GRILLED CHEESE SANDWICH or TURKEY on croissant Choose 1 or 2 STEAMED BROCCOLI TOMATO CUP Choose 1 FRESH FRUIT MIXED FRUIT CUP CHICKEN NOODLE SOUP w/crackers	20 NO SCHOOL
23 NO SCHOOL	24 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	25 PANCAKES w/SAUSAGE or FRENCH TOAST w/EGG PATTY Choose 1 POTATO WEDGES Choose 1 JUICE APPLESAUCE 	26 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	27 PIZZA or HAM & CHEESE SUB Choose 1 or 2 TOMATO CUP LIMA BEANS Choose 1 FRESH FRUIT PEACH CUP 
30 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 	31 PIZZA STICKS w/sauce or SLOPPY JOE on bun Choose 1 or 2 BROCCOLI AUGRATIN POTATOES Choose 1 FRESH FRUIT PINEAPPLE CUP HOLIDAY COOKIE			*Additional Meal Choices: Offered Daily Salad w/ soft pretzels or Yogurt w/ soft pretzels

"USDA is an equal opportunity provider and employer."

National School Lunch Week!



OCTOBER 9th-13th

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

