



2017

FREDERICK COUNTY ELEMENTARY SCHOOLS

School Meals: The Real Deal

Monday	Tuesday	Wednesday	Thursday	Friday
<p>*Additional Meal Choices: Offered Daily Salad w/ soft pretzels or Yogurt w/ soft pretzels</p>				<p>NO SCHOOL</p>
<p>NO SCHOOL</p>	<p>4 PIZZA STICKS w/sauce or SLOPPY JOE on bun <u>Choose 1 or 2</u> BROCCOLI AUGRATIN POTATOES <u>Choose 1</u> FRESH FRUIT PINEAPPLE CUP</p>	<p>5 TACO w/meat & cheese or HOT DOG on bun <u>Choose 1 or 2</u> STEAMED CARROTS REFRIED BEANS <u>Choose 1</u> FRESH FRUIT APPLESAUCE SUGAR COOKIE</p>	<p>6 GRILLED CHEESE SANDWICH or MEAT BALL SUB <u>Choose 1 or 2</u> VEGETABLE SOUP w/crackers BAKED BEANS CRUNCHY CARROT STICKS w/dip <u>Choose 1</u> FRESH FRUIT MIXED FRUIT CUP</p>	<p>7 CHICKEN NUGGETS w/roll or FISH SQUARE on bun <u>Choose 1 or 2</u> SNAPPY GREEN BEANS SWEET POTATOES <u>Choose 1</u> FRESH FRUIT PEACH CUP</p>
<p>10 HOT HAM & CHEESE on bun or CHEESEBURGER on bun <u>Choose 1 or 2</u> BAKED BEANS TATER TOTS <u>Choose 1</u> FRESH FRUIT PEAR CUP</p>	<p>11 RAVIOLI w/cheese stick & roll or BIG BAD BURRITO w/ salsa <u>Choose 1 or 2</u> GREEN LEAFY SALAD GOLDEN CORN <u>Choose 1</u> FRESH FRUIT PINEAPPLE CUP</p>	<p>12 CHICKEN POT PIE or TUNA SALAD on bun <u>Choose 1 or 2</u> CRUNCHY CARROT STICKS w/dip SNAPPY GREEN BEANS <u>Choose 1</u> FRESH FRUIT APPLESAUCE CHOCOLATE CHIP COOKIE</p>	<p>13 HAM & CHEESE on Croissant or GRILLED CHEESE SANDWICH <u>Choose 1 or 2</u> TOMATO SOUP w/crackers POWER PEAS <u>Choose 1</u> GIGGLING GRAPES MIXED FRUIT CUP</p>	<p>14 BBQ PULLED PORK on bun or FISH NUGGETS w/roll <u>Choose 1 or 2</u> BROCCOLI SWEET POTATOES <u>Choose 1</u> FRESH FRUIT PEACH CUP</p>
<p>17 NACHOS w/cheese & meat or STEAK & CHEESE SUB <u>Choose 1 or 2</u> PARSLEY POTATOES GOLDEN CORN <u>Choose 1</u> FRESH FRUIT PEAR CUP</p>	<p>18 CHEESEBURGER on bun or HOT DOG on bun <u>Choose 1 or 2</u> TATER TOTS PINTO BEANS <u>Choose 1 or 2</u> FRESH FRUIT PINEAPPLE CUP</p>	<p>19 PIZZA STICKS w/sauce or COLD CUT on bun <u>Choose 1 or 2</u> GREEN LEAFY SALAD STEAMED CARROTS <u>Choose 1</u> FRESH FRUIT APPLESAUCE</p>	<p>20 GRILLED CHEESE SANDWICH or TURKEY on croissant <u>Choose 1 or 2</u> STEAMED BROCCOLI TOMATO CUP <u>Choose 1</u> FRESH FRUIT MIXED FRUIT CUP CHICKEN NOODLE SOUP w/crackers</p>	<p>21 CHICKEN AND CHEESE QUESADILLA or FISH SQUARE w/roll <u>Choose 1 or 2</u> POWER PEAS CRISPY CUCUMBER SLICES w/dip <u>Choose 1</u> FRESH FRUIT PEACH CUP</p>
<p>23 CORN DOG or TURKEY SUB <u>Choose 1 or 2</u> CRUNCHY CARROT STICKS w/dip BAKED BEANS <u>Choose 1</u> FRESH FRUIT PEAR CUP</p>	<p>24 CHICKEN TENDERS w/roll or SALISBURY STEAK w/roll <u>Choose 1 or 2</u> MASHED POTATOES w/gravy SNAPPY GREEN BEANS <u>Choose 1</u> FRESH FRUIT PINEAPPLE CUP</p>	<p>25 PANCAKES w/SAUSAGE or FRENCH TOAST w/EGG PATTY POTATO WEDGES <u>Choose 1</u> JUICE APPLESAUCE</p>	<p>26 Pork Rib w/ roll or CHICKEN NUGGETS w/roll <u>Choose 1 or 2</u> GREEN LEAFY SALAD GOLDEN CORN <u>Choose 1</u> GIGGLING GRAPES MIXED FRUIT CUP</p>	<p>27 PIZZA or HAM & CHEESE SUB <u>Choose 1 or 2</u> TOMATO CUP LIMA BEANS <u>Choose 1</u> FRESH FRUIT PEACH CUP</p>

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



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

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