

FREDERICK COUNTY MIDDLE & ELEMENTARY
BREAKFAST MENU 2018-2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|--|---|
| <u>Choose 1:</u> Strawberry Shortcake or Sausage Biscuit or Yogurt w/Graham Crackers or Cereal w/ Toast or Assorted W/G Pop Tarts | <u>Choose 1:</u> Mini Waffles or Sausage Gravy Over Biscuit or Yogurt Parfait or Cereal w/ Toast or Assorted W/G Pop Tarts | <u>Choose 1:</u> Pancakes w/ Syrup or Egg and Cheese on Croissant or Yogurt w/Graham Crackers or Cereal w/ Toast or Assorted W/G Pop Tarts | <u>Choose 1:</u> Chicken Patty on a Biscuit or Pizza Breakfast Bagel or Yogurt Parfait or Cereal w/ Toast or Assorted W/G Pop Tarts | <u>Choose 1:</u> Breakfast Pizza or French Toast Sticks w/Syrup or Yogurt w/Graham Crackers or Cereal w/ Toast or Assorted W/G Pop Tarts |
| <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 |

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