

December 2017 Breakfast Frederick Public Schools



KEYSTONE
FOOD SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|----------------------------------------------------------------------------------|---------------------------------------------------------------------|-------------------------------------------------------------------------------|------------------------------------------------------------------------------------|--------------------------------------------------------------------------------|
| | | | | 1 Waffle with Toppings Cereal Fruit Juice Milk |
| 4 Biscuit and Gravy Cereal Fruit Juice Milk | 5 Blueberry Pancake Bites Cereal Fruit Juice Milk | 6 Bagel Sandwich (Ham, Egg, Cheese) Cereal Fruit Juice Milk | 7 Oatmeal with Toppings Blueberry Muffin Cereal Fruit Juice Milk | 8 Cinnamon Roll Cereal Fruit Juice Milk |
| 11 Sweet Waffle Sticks* Scrambled Eggs Cereal Fruit Juice Milk | 12 Biscuit and Gravy Cereal Fruit Juice Milk | 13 Pancake on a Stick Cereal Fruit Juice Milk | 14 Breakfast Pizza Flatbread Cereal Fruit Juice Milk | 15 Donut Strawberry Banana Yogurt Cereal Fruit Juice Milk |
| 18 Holiday | 19 Holiday | 20 Holiday | 21 Holiday | 22 Holiday |
| 25 Holiday | 26 Holiday | 27 Holiday | 28 Holiday | 29 Holiday |

*Indicates new menu item

December 2017 Lunch Frederick Public Schools



KEYSTONE
FOOD SERVICE

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------|
| | | | | 1 Pizza Caesar Salad Fruit Salad Bar Milk |
| 4 Ravioli with Meat Sauce Garlic Dinner Roll Caesar Salad Fruit Milk Salad Bar | 5 Crispy Chicken Wrap Carrot Sticks Doritos Fruit Salad Bar Milk | 6 Country Fried Steak Dinner Roll Mashed Potatoes and Gravy Green Beans Fruit Milk Salad Bar | 7 Soft Beef Taco Spanish Rice Chips and Salsa Beans Fruit Milk Salad Bar | 8 Cheeseburger Tater Tots Fruit Milk Salad Bar |
| 11 Corn Dog Mac and Cheese Green Beans Fruit Milk Salad Bar | 12 Pineapple Glazed Ham Loaded Mashed Potatoes Dinner Roll Peppermint Sugar Cookie Fruit/Salad Bar Milk | 13 Italian Chicken Sub Ruffles Carrot Sticks Fruit Milk Salad Bar | 14 Chili Fritos Chili Beans Fruit Salad Bar Milk | 15 Stromboli Marinara Sauce Italian Salad Fruit Milk Salad Bar |
| 18 Christmas Break | 19 Christmas Break | 20 Christmas Break | 21 Christmas Break | 22 Christmas Break |
| 25 Christmas Break | 26 Christmas Break | 27 Christmas Break | 28 Christmas Break | 29 Christmas Break |

*Indicates new menu item