

# January 2018 Breakfast Frederick Public School



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Sausage Biscuit Cereal Fruit Juice Milk	3 Blueberry Muffin Strawberry Banana Yogurt Cereal Fruit Juice Milk	4 Breakfast Bagel (ham, egg, and cheese) Cereal Fruit Juice Milk	5 Cinnamon Roll Cereal Fruit Juice Milk
8 Pancake on a Stick Cereal Fruit Juice Milk	9 Biscuit and Gravy Cereal Fruit Juice Milk	10 Yogurt Parfait Cereal Fruit Juice Milk	11 Toast Scrambled Eggs Cereal Fruit Juice Milk	12 Donut Cereal Fruit Juice Milk
15 No School	16 Biscuit and Gravy Cereal Fruit Juice Milk	17 Oatmeal with Toppings Bar Cereal Fruit Juice Milk	18 Breakfast Taco Cereal Fruit Juice Milk	19 Cinnamon Roll Strawberry Banana Yogurt Cereal Fruit Juice Milk
22 Blueberry Pancake Bites Cereal Fruit Juice Milk	23 Biscuit and Gravy Cereal Fruit Juice Milk	24 Waffle with toppings bar Cereal Fruit Juice Milk	25 Breakfast Pizza Flatbread Cereal Fruit Juice Milk	26 Donut Cereal Fruit Juice Milk
29 Chocolate Muffin Cheese Stick Cereal Fruit Juice Milk	30 Breakfast Bagel (sausage, egg, and cheese) Cereal Fruit Juice Milk	31 Biscuit and Gravy Cereal Fruit Juice Milk	1 Breakfast Scramble Toast Cereal Fruit Juice Milk	2 Oatmeal with Toppings Bar Cereal Fruit Juice Milk

\*Indicates new menu item

# January 2018 Lunch Frederick Public School



KEYSTONE  
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2 Corn Dog Mac and Cheese Green Beans Fruit Milk Salad Bar	3 Meatball Sub Parmesan Fries Fruit Milk Salad Bar	4 Chicken Burrito Bowl (Chicken, Beans, Queso, Cilantro Rice) Chips and Salsa Fruit Milk Salad Bar	5 Pizza Caesar Salad Carrot Sticks Fruit Milk Salad Bar
8 Spaghetti with Meat Sauce Garlic Knot Green Beans Fruit Milk Salad Bar	9 Chicken Soft Taco Refried Beans Spanish Rice Chips and Salsa Fruit Milk Salad Bar	10 Country Fried Steak Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	11 Hot Italian Sub Garden Salad Carrot Sticks Fruit Milk Salad Bar	12 Chili Fritos Beans Fruit Milk Salad Bar
15	16 Lasagna Green Beans Breadstick Fruit Milk Salad Bar	17 Pork Carnitas Taco Refried Beans Spanish Rice Chips and Salsa Fruit Milk Salad Bar	18 BBQ Chicken Flatbread Italian Salad Fruit Milk Salad Bar	19 Cheeseburger Tater Tots Banana Pudding Fruit Milk Salad Bar
22 Chicken Alfredo Italian Salad Breadstick Fruit Milk Salad Bar	23 Taco Soup Chili Beans Chips and Salsa Fruit Milk Salad Bar	24 Pigs In a Blanket Mac and Cheese Green Beans Fruit Milk Salad Bar	25 French Dipped Sandwich French Fries Fruit Milk Salad Bar	26 Orange Chicken Lo Mein Noodles Teriyaki Glazed Carrots Fruit Milk Salad Bar
29 Southwest Chicken Sub Carrot Sticks Ruffles Fruit Milk Salad Bar	30 Pizza Pasta Breadstick Green Beans Fruit Milk Salad Bar	31 BBQ Pork Loin Loaded Mashed Potatoes Dinner Roll Fruit Milk Salad Bar	1 Chicken Taquitos Spanish Rice Beans Chips and Salsa Fruit Milk Salad Bar	2 Stromboli Marinara Garden Salad Fruit Milk Salad Bar

\*Indicates new menu item