

Child Nutrition Services  
 Frederick Public Schools  
 Breakfast Menus 2016-2017  
 Grades K-5

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1  Super Mini Donuts or Cereal & WG Toast Fruit of the Day Juice Milk	May - 2  Biscuits & Gravy or Cereal & WG Toast Fruit of the Day Juice Milk	May - 3  Egg & Ham Slider or Cereal & WG Toast Fruit of the Day Juice Milk	May - 4  Yogurt Granola or Cereal & WG Toast Fruit of the Day Juice Milk	May - 5  Cereal & WG Toast Fruit of the Day Juice Milk
May - 8  Breakfast Sausage Pizza or Cereal & WG Toast Fruit of the Day Juice Milk	May - 9  Biscuits & Gravy or Cereal & WG Toast Fruit of the Day Juice Milk	May - 10  Egg/Cheese/Sausage Wrap or Cereal & WG Toast Fruit of the Day Juice Milk	May - 11  French Toast Sticks or Cereal & WG Toast Fruit of the Day Juice Milk	May - 12  Cereal & WG Toast Fruit of the Day Juice Milk
May - 15  Sausage in a Blanket or Cereal & WG Toast Fruit of the Day Juice Milk	May - 16  Biscuits & Gravy or Cereal & WG Toast Fruit of the Day Juice Milk	May - 17  Cereal & WG Toast Fruit of the Day Juice Milk	May - 18  Cereal & WG Toast Fruit of the Day Juice Milk	

This institution is an equal opportunity provider.

*\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

**NOTICE:** The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

# Child Nutrition Services

Frederick Public Schools  
Breakfast Menus 2016-2017  
Grades 6-12

Apr 17, 2017

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Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Super Mini Donuts Fruit of the Day Juice Milk	May - 2 Sausage Biscuit Fruit of the Day Juice Milk	May - 3 Egg & Ham Slider Fruit of the Day Juice Milk	May - 4 Yogurt Granola Fruit of the Day Juice Milk	May - 5 Uncrustable Fruit of the Day Juice Milk
May - 8 Breakfast Sausage Pizza Fruit of the Day Juice Milk	May - 9 Sausage Biscuit Fruit of the Day Juice Milk	May - 10 Egg/Cheese/Sausage Wrap Fruit of the Day Juice Milk	May - 11 French Toast Sticks Fruit of the Day Juice Milk	May - 12 Uncrustable Fruit of the Day Juice Milk
May - 15 Sausage in a Blanket Fruit of the Day Juice Milk	May - 16 Sausage Biscuit Fruit of the Day Juice Milk	May - 17 Manager's Choice Fruit of the Day Juice Milk	May - 18 Manager's Choice Fruit of the Day Juice Milk	

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# Child Nutrition Services

Frederick Public Schools

Lunch Menus

Grades K-5

2016-2017

Apr 17, 2017

Monday	Tuesday	Wednesday	Thursday	Friday
May - 1 Corn Dog w/ Wh. Grain Oven Fries Sliced Carrots Fruit of the Day Milk	May - 2 Oven Roasted Chicken Mashed Potatoes/Gravy Seasoned Green Beans WG Hot Rolls Fruit of the Day Milk	May - 3 Frontier BBQ Beef on a Bun Baked Beans Seasoned Corn Fruit of the Day Milk	May - 4 Grilled Cheese Potato patty Pork-n-beans Fruit/milk	May - 5 Stuffed Crust Cheese Pizza Romaine Salad Cherry Tomatoes w/ Ranch Dressing Apple Juice Milk
May - 8 WG Breaded Steak Fingers Mashed Potatoes/Gravy Seasoned Broccoli WG Hot Rolls Fruit of the Day Milk	May - 9 Soft Beef Taco w/ WG Tortilla Refried Beans Fruit of the Day Milk	May - 10 Hot Dog on a Bun Tater Tots Dragon Juice Fruit of the Day Milk	May - 11 Spaghetti/Meat Sauce Seasoned Green Beans Soft WG Breadstick Fruit of the Day Milk	May - 12 Turkey & Cheese Sandwich Pickle Spears Dragon Juice Nacho Cheese Doritos Fruit of the Day Milk
May - 15 BBQ Chicken on a Bun Baked Beans Baby Carrots w/ Ranch Dressing Fruit of the Day Milk	May - 16 Chicken Chili Crispito Refried Beans Romaine Salad w/ Ranch Dressing Fruit of the Day Milk	May - 17 Hamburger on a WG Bun Tater Tots Shred Lettuce & Pickles Fruit of the Day Milk	May - 18	

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