

November 2017 Breakfast Frederick Public Schools



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Sausage/Egg Biscuit Cereal Fruit Juice Milk	2 Donut Strawberry/Banana Yogurt Cereal Fruit Juice Milk	3 Blueberry Muffin Cereal Fruit Juice Milk
6 Yogurt Parfait Cereal Fruit Juice Milk	7 Waffles (2) with Toppings Cereal Fruit Juice Milk	8 Biscuit and Gravy Cereal Fruit Juice Milk	9 Breakfast Burrito Cereal Salsa Fruit Juice Milk	10 Cinnamon Roll Cereal Fruit Juice Milk
13 Bagel Sandwich (Ham, Egg, and Cheese) Cereal Fruit Juice Milk	14 Blueberry Pancake Bites Strawberry/Banana Yogurt Cereal Fruit Juice Milk	15 Toast Breakfast Scramble Cereal Fruit Juice Milk	16 Biscuit and Gravy Cereal Fruit Juice Milk	17 Donut Cereal Fruit Juice Milk
20 Thanksgiving Break	21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving	24 Thanksgiving Break
27 Pancake on a Stick Cereal Fruit Juice Milk	28 Yogurt Parfait Cereal Fruit Juice Milk	29 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	30 Biscuit and Gravy Cereal Fruit Juice Milk	1 Waffle with Toppings Bar Cereal Fruit Juice Milk

*Indicates new menu item

November 2017 Lunch Frederick Public Schools



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 French Dipped Sandwich Parmesan Fries Fruit Milk Salad Bar	2 Country Fried Steak Mashed Potato and Gravy Roasted Carrots Dinner Roll Fruit/Salad Bar Milk	3 Flatbread Cheese Pizza Italian Salad Fruit Milk Salad Bar
6 Chicken Alfredo Garlic Knot Steamed Broccoli Fruit Milk Salad Bar	7 Burrito Bowl (Cilantro Rice/Beef/ Queso) Chili Beans Chips and Salsa Fruit/Salad Bar Milk	8 Chicken and Noodles Dinner Roll Roasted Carrots Fruit Milk Salad Bar	9 BBQ Pork Loin Green Beans Ranch Roasted Potatoes Dinner Roll Fruit Milk Salad Bar	10 Popcorn Chicken Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar
13 Spaghetti with Meat Sauce Breadstick Garden Salad Fruit Milk Salad Bar	14 Crispy Chicken Taco Spanish Rice Refried Beans Chips and Salsa Fruit Milk Salad Bar	15 Hot Ham and Cheese Sub Carrot Sticks Sunchips Fruit Milk Salad Bar	16 Turkey Dressing Mashed Potatoes and Gravy/Dinner Roll Green Bean Casserole Pumpkin Pie Fruit/Salad Bar Milk	17 Cheeseburger French Fries Fruit Milk Salad Bar
20 Thanksgiving Break	21 Thanksgiving Break	22 Thanksgiving Break	23 Thanksgiving	24 Thanksgiving Break
27 Nacho Bar (Beef, Queso, Beans, Chips) Salsa Fruit Milk Salad Bar	28 Baked Potato Bar BBQ Popcorn Chicken Dinner Roll Fruit/Salad Bar Milk	29 Chicken Pot Pie Roasted Carrots Biscuit Fruit Salad Bar Milk	30 Pineapple Glazed Ham Green Beans Dinner Roll Fruit Salad Bar Milk	1 Pizza Caesar Salad Fruit Salad Bar Milk

*Indicates new menu item