

October 2017 Breakfast Frederick Public Schools



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Blueberry Pancake Bites Trix Yogurt Cereal Fruit Juice Milk	3 Breakfast Burrito Cereal Fruit Juice Milk	4 Yogurt Parfait Cereal Fruit Juice Milk	5 Biscuit and Gravy Cereal Fruit Juice Milk	6 Cinnamon Roll Cereal Fruit Juice Milk
9 Sausage Biscuit Cereal Fruit Juice Milk	10 Toast(1) Scrambled Eggs Cereal Fruit Juice Milk	11 French Toast Sticks(3) Cereal Fruit Juice Milk	12 Breakfast Taco Cereal Fruit Juice Milk	13 Donut Cereal Fruit Juice Milk
16 Breakfast Bagel (Sausage, Egg, Cheese) Cereal Fruit Juice Milk	17 Biscuit and Gravy Cereal Fruit Juice Milk	18 Yogurt Parfait Cereal Fruit Juice Milk	19 French Toast Bites Cereal Fruit Juice Milk	20 Fall Break
23 Fall Break	24 Waffle (2 each) with Toppings Cereal Fruit Juice Milk	25 Toast Breakfast Scramble Cereal Fruit Juice Milk	26 Cinnamon Roll Cereal Fruit Juice Milk	27 Pancake on a Stick Cereal Fruit Juice Milk
30 Oatmeal with Toppings Bar Cereal Fruit Juice Milk	31 Cinnamon Toast Scrambled Eggs Cereal Fruit Juice Milk	1 Sausage and Egg Biscuit Cereal Fruit Juice Milk	2 Donut Cereal Fruit Juice Milk	3 Blueberry Muffin Trix Yogurt Cereal Fruit Juice Milk

*Indicates new menu item

October 2017 Lunch Frederick Public Schools



KEYSTONE
FOOD SERVICE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Pizza Pasta Caesar Salad Breadstick Fruit Milk Salad Bar	3 Popcorn Chicken Mashed Potatoes and Gravy Dinner Roll Fruit Milk Salad Bar	4 Soft Beef Taco Spanish Rice Refried Beans Chips and Salsa Fruit Milk Salad Bar	5 Ranch Roasted Pork Loin Green Beans Roasted Carrots Dinner Roll Fruit/Salad Bar Milk	6 Cheeseburger French Fries Fruit Milk Salad Bar
9 Ravioli with Meat* Sauce Green Beans Garlic Roll* Fruit Milk Salad Bar	10 Orange Chicken Lo Mein Noodles Teriyaki Glazed Carrots* Fruit Milk Salad Bar	11 Beef Nacho Bar (Beef, Queso, Beans, Chips) Salsa Fruit Milk Salad Bar	12 BBQ Chicken Flatbread Ranch Roasted Potatoes Fruit Milk Salad Bar	13 Pizza Italian Salad Cinnamon Stick Fruit Milk Salad Bar
16 Deli Wrap Garden Salad Doritos Fruit Milk Salad Bar	17 Corn Dog Mac and Cheese Green Beans Fruit Milk Salad Bar	18 Chicken Fajitas Spanish Rice Refried Beans Chips and Salsa Fruit Milk Salad Bar	19 Cheeseburger Tater Tots Fruit Milk Salad Bar	20 Fall Break
23 Fall Break	24 Meatball Sub Carrots and Ranch Potato Chips Fruit Milk Salad Bar	25 Pineapple Glazed Ham Loaded Mashed Potatoes Green Beans Dinner Roll Fruit/Salad Bar Milk	26 BBQ Pulled Pork Sandwich French Fries Fruit Milk Salad Bar	27 Chicken Enchilada Spanish Rice Refried Beans Chips and Salsa Fruit Milk Salad Bar
30 Taco Soup Chips and Salsa Beans Fruit Milk Salad Bar	31 Mummy Dog/"Pig in a Blanket" Mac and Cheese Green Beans Dirt Cake Fruit/Salad Bar Milk	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

*Indicates new menu item