

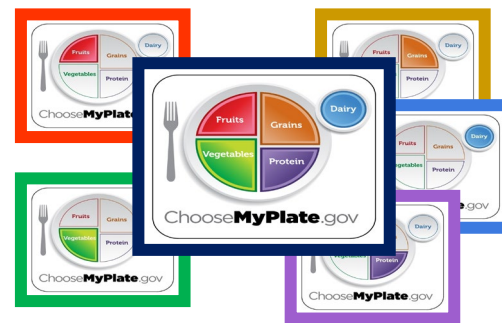
# Frederick County Public Schools Elementary/Middle Breakfast Menu 2022-23

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Choose 1:</u> Pancakes w/ Syrup or Sausage Biscuit or Yogurt w/Graham Crackers or Cereal w/ Toast or Assorted W/G Pop Tarts</p> <p><u>Choose 1 or 2</u> Assorted Fruit Choice or Juice</p>	<p><u>Choose 1:</u> Egg and Cheese Croissant or Sausage Gravy with Biscuit or Yogurt Parfait or Cereal w/ Toast or Assorted W/G Pop Tarts</p> <p><u>Choose 1 or 2</u> Assorted Fruit Choice or Juice</p>	<p><u>Choose 1:</u> Mini Waffles or Assorted W/G Muffins or Yogurt w/Graham Crackers or Cereal w/ Toast or Assorted W/G Pop Tarts</p> <p><u>Choose 1 or 2</u> Assorted Fruit Choice or Juice</p>	<p><u>Choose 1:</u> Chicken Patty on a Biscuit or Breakfast on a stick or Yogurt Parfait or Cereal w/ Toast or Assorted W/G Pop Tarts</p> <p><u>Choose 1 or 2</u> Assorted Fruit Choice or Juice</p>	<p><u>Choose 1:</u> Breakfast Pizza Bagel or French Toast Sticks w/Syrup or Yogurt w/Graham Crackers or Cereal w/ Toast or Assorted W/G Pop Tarts</p> <p><u>Choose 1 or 2</u> Assorted Fruit Choice or Juice</p>

All meals are served with a variety of low fat or fat free milk daily.

## FCPS Credit Card Payment System

FCPS uses MySchoolBucks as its online payment portal. MySchoolBucks will allow parents to view current cafeteria account balances, review recent purchases, receive low-balance alerts and setup recurring payments on a weekly or monthly basis. VISA and MasterCard are accepted 24 hours a day. Users will need to re-register for the system even if they used the online school payment system in the past. Visit your schools website and click on the MySchoolBucks.com link.



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