

**FREDERICK COUNTY HIGH SCHOOL  
BREAKFAST 2022-2023**

**OFFERED DAILY**

Yogurt w/Granola  
Assorted Cereal w/Toast  
Yogurt Parfait  
PB&J Sandwich  
Chicken Biscuit  
Assorted Muffins  
Mini Waffles  
Sausage Gravy and Biscuit  
Bacon & Egg Croissant  
Egg & Cheese on Croissant  
Breakfast Bagel  
Sausage, Egg & Cheese Breakfast Burrito  
Sausage Biscuit  
Fresh Fruit Smoothie w/Graham Crackers  
French Toast Sticks w/Syrup & Eggs  
Breakfast on Stick  
Assorted Variety W/G Pop Tarts  
Assorted W/G Frudels  
Cinni Minis

**All breakfast options are served with a variety of low-fat or fat free milk daily. A choice of assorted fruit and/or fruit juice offered daily.**

This institution is an equal opportunity provider.