

Frederick County Public Schools Breakfast Menu 2021-2022

Monday	Tuesday	Wednesday	Thursday	Friday
<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 <u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<u>Choose 1:</u> Egg and Cheese Croissant or Sausage Gravy w/Biscuit or Yogurt Parfait or Cereal w/Toast or Assorted W/G Pop Tarts <u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<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 <u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<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 <u>Choose 1 or 2</u> Assorted Fruit Choice or Juice	<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 <u>Choose 1 or 2</u> Assorted Fruit Choice or Juice

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