



Frederick County Public Schools

# Secondary School Menus – March 2008

[www.FCPS.org/dept/foodservice/webpages/index.htm](http://www.FCPS.org/dept/foodservice/webpages/index.htm) • [www.cafeprepay.com](http://www.cafeprepay.com)

Monday	Tuesday	Wednesday	Thursday	Friday												
<b>BREAKFAST</b> Breakfast Bagel w/Egg & Cheese; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Oven Baked Chicken Nuggets, Cheeseburger Sub (Lettuce, Onion), Fresh Wheat Pizzeria Pizza; Fluffy Whipped Potatoes; Choice of Chilled Fruit; Dinner Roll; Cold Milk	<b>BREAKFAST</b> Hearty Ham & Egg on Muffin, Crispy Cereal, Honey Bear Grahams; Chilled Apple Juice; Cold Milk  <b>LUNCH</b> Baked Scoops Tortilla Taco w/Cheese & Rice (Lettuce), Fresh Pizzeria Pizza; Scrumptious Golden Corn; Choice of Chilled Fruit; Cold Milk	<b>PARENT-TEACHER CONFERENCES</b>  <b>NO MEALS SERVED</b>	<b>BREAKFAST</b> Breakfast Pizza; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Crispy Oven Fried Chicken, Hamburger or Cheeseburger on Bun, Fresh Pizzeria Pizza; Fluffy Whipped Potatoes; Choice of Chilled Fruit; Dinner Rolls; Cold Milk	<b>BREAKFAST</b> Savory Sausage, Egg & Cheese on Biscuit; Chilled Apple Juice; Cold Milk  <b>LUNCH</b> Deep Dish Pizza, Steak & Cheese Sub (Lettuce, Onion), Crunchy Fish Fillet on Bun; Crispy Tator Tots; Choice of Chilled Fruit; Cold Milk												
<b>BREAKFAST</b> Breakfast Bagel w/Egg & Cheese; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Chicken Rings, Cheeseburger Sub (Lettuce, Onion), Fresh Wheat Pizzeria Pizza; Fluffy Whipped Potatoes; Choice of Chilled Fruit; Dinner Rolls; Cold Milk	<b>BREAKFAST</b> French Toast Sticks; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Nacho Grande Scoops w/Sour Cream & Salsa, Chicken Patty on Bun, Fresh White Pizzeria Pizza; Fresh Tossed Salad; Choice of Chilled Fruit; Cold Milk	<b>BREAKFAST</b> Breakfast Pizza; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Bistro Deli Delight, Fresh Wheat Pizzeria Pizza, Grilled Chicken Platter; Crispy Tator Tots; Choice of Chilled Fruit; Cold Milk	<b>BREAKFAST</b> Heated Flapstick, Bagel w/Cream Cheese and Jelly; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Hot Turkey Sandwich (Cranberry Sauce), Fresh Pizzeria Pizza, Hot Dog on Bun; Fluffy Whipped Potatoes; Choice of Chilled Fruit; Cold Milk	<b>BREAKFAST</b> Hearty Ham & Egg on Muffin, Crispy Cereal, Honey Bear Grahams, Chilled Apple Juice; Cold Milk  <b>LUNCH</b> Oven Baked Shrimp Poppers w/Macaroni & Cheese, Fresh Wheat Pizzeria Pizza; Scrumptious Golden Corn; Choice of Chilled Fruit; Cold Milk												
<b>BREAKFAST</b> Breakfast Bagel w/Egg & Cheese; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Oven Baked Popcorn Chicken, Fresh Pizzeria Pizza, Chicken Noodle Soup w/Crackers; Savory Green Beans; Choice of Chilled Fruit; Dinner Roll; Cold Milk	<b>BREAKFAST</b> Heated Flapstick; Chilled Orange Juice, Cold Milk  <b>LUNCH</b> Hamburger or Cheeseburger on Bun, Deep Dish Pizza, Turkey Sub (Lettuce); Crispy Tator Tots; Choice of Chilled Fruit; Cold Milk	<b>SPRING BREAK</b>  <b>SCHOOLS CLOSED</b>														
<b>SPRING BREAK</b>  <b>SCHOOLS CLOSED</b>		<b>BREAKFAST</b> French Toast Sticks; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Oven Baked Popcorn Chicken, Fresh Pizzeria Pizza, Chicken Noodle Soup w/Crackers; Savory Green Beans; Choice of Chilled Fruit; Dinner Roll; Cold Milk	<b>BREAKFAST</b> Heated Flapstick; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Spaghetti w/Meatsauce and Grated Cheese w/Italian Bread, Fresh Personal Pizzeria Pizza, Deli Ham Sub; Fresh Tossed Salad; Choice of Chilled Fruit; Cold Milk	<b>BREAKFAST</b> Simply Cinnamon Bun Whole Wheat; Chilled Orange Juice; Cold Milk  <b>LUNCH: CHEETOS FRIDAY</b> Hamburger or Cheeseburger on Bun, Fresh Pepperoni Pizzeria Pizza, Turkey Ranch Wrap; Baby Carrots w/Dip; Choice of Chilled Fruit; Cold Milk												
<b>BREAKFAST</b> Breakfast Bagel w/Egg & Cheese; Chilled Orange Juice; Cold Milk  <b>LUNCH</b> Oven Baked Chicken Nuggets, Fresh Wheat Pizzeria Pizza, Steak & Cheese Sub (Lettuce, Onion); Fluffy Whipped Potatoes; Choice of Chilled Fruit; Dinner Roll; Cold Milk				<b>MILK CHOICES</b>  <b>SKIM MILK</b> <b>2% MILK</b> <b>1% STRAWBERRY MILK</b> <b>1% CHOCOLATE MILK</b>												
<b>CHICKEN PATTY ON MULTI GRAIN BUN OFFERED DAILY</b>	<b>PIZZERIA PIZZA MADE WITH LOW FAT MOZZARELLA CHEESE</b>	<i>Menus subject to change.</i>  <b>Secondary Meal Prices</b> Breakfast – \$1.35 Lunch – \$2.10		<b>MENU NUTRIENT ANALYSIS</b> Percent of Calories From Fat <table border="1"> <thead> <tr> <th></th> <th>MARCH 3-7</th> <th>MARCH 10-14</th> <th>MARCH 24-28</th> </tr> </thead> <tbody> <tr> <td>Breakfast</td> <td>29.81%</td> <td>22.96%</td> <td>22.28%</td> </tr> <tr> <td>Lunch</td> <td>26.05%</td> <td>24.51%</td> <td>29.37%</td> </tr> </tbody> </table>		MARCH 3-7	MARCH 10-14	MARCH 24-28	Breakfast	29.81%	22.96%	22.28%	Lunch	26.05%	24.51%	29.37%
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