



Have you completed the Education Benefits Form? Visit fraser.familyportal.cloud to submit yours for the 2023-24 School Year.

August 2023

NOTES

All entrée salads include a dinner roll.
 The fresh fruit & vegetable bar is available daily and is included with all entrée options!
 Breakfast & lunch include flavored or unflavored lowfat or fat-free milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
	Daily Serve Breakfast Items Include: Yogurt Parfaits Assorted Cereal Bagel with Cream Cheese Pop-Tarts Nutri-Grain Bars Egg & Cheese English Muffin	1 UBR Breakfast Rounds Mini Donuts BeneFit Bars Cheese Cubes Turkey Sausage Breakfast Sandwich	2	3	
7	8	9	10	11	
14	Daily Serve Lunch Items Include: Cheese Pizza Pepperoni Pizza Hot Dog Chicken Patty Sandwich Spicy Chicken Sandwich	15 Build Your Own Tacos Build Your Own Nachos Hamburger Cheeseburger Chicken Tenders & Crackers	16 Soybutter & Jelly Sandwich Meal Veggie Burger Cheese Sandwich	17	18
21	22	23	24	25	
BKFST: Country Chicken & Cheese English Muffin Entree: Lo Mein with Popcorn Chicken Salad: Chicken Ham Chef Salad Deli: Build Your Own Pizza Flatbread MTO: Build Your Own Deli Sandwich	28 BKFST: Glazed Cinnamon Roll Entree: Breaded Chicken Drumstick & Biscuit Salad: Popcorn Chicken Salad Deli: Turkey & Cheese Sandwich MTO: Build Your Own Salad	29 BKFST: Powdered Sugar Donuts Entree: Baked Potato with Assorted Toppings & Dinner Roll Salad: Yogurt & Cheese Snack Pack Deli: Chicken Ham & Cheese Sandwich MTO: Build Your Own Burger Bar	30 BKFST: Breakfast Pizza Entree: Waffles & Turkey Sausage Links Salad: Cheesy Romaine Salad Deli: Turkey & Cheese Sub MTO: Build Your Own Deli Sandwich	31	



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September 2023

NOTES

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The fresh fruit & vegetable bar is available daily and is included with all entrée options!

Breakfast & lunch include flavored or unflavored lowfat or fat-free milk.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
No School Labor Day	No School Labor Day	No School Labor Day	No School Labor Day	No School Labor Day 1
No School Labor Day 4	BKFST: Turkey Maple Pancake Wrap 5 Entree: Parmesan Chicken Flatbread Salad: Chicken Ham Chef Salad Deli: Yogurt & Cheese Snack Pack MTO: Build Your Own Salad	BKFST: Strawberry Yogurt Smoothie 6 Entree: Walking Beef Taco Salad: Baja Veggie Salad Deli: Chicken Ham Sub MTO: Build Your Own Burger Bar	BKFST: Egg & Bacon Breakfast Taco 7 Entree: Bosco Cheese Sticks & Marinara Sauce Salad: Turkey Chef Salad Deli: Build Your Own Pizza Bagel MTO: Build Your Own Deli Sandwich	BKFST: Egg & Turkey Sausage Bagel 8 Entree: Buzzer Beater Basket with Buffalo Ranch Sauce Salad: Popcorn Chicken Salad Deli: Hummus & Veggie Snack Pack MTO: Build Your Own Salad
BKFST: Cinnamon Biscuit 11 Entree: Chicken Patty Sliders Salad: Egg Chef Salad Deli: Build Your Own Pizza Bagel MTO: Build Your Own Deli Sandwich	BKFST: Breakfast Pizza 12 Entree: Chipotle Cheesy Bean Nachos Salad: Cheesy Romaine Salad <i>Limited Time Menu Item!</i> Deli: Three Cheese Veggie Sub MTO: Build Your Own Salad	BKFST: Glazed Cinnamon Roll 13 No Lunch – Early Release Day	BKFST: Blueberry Bread Slice 14 Entree: French Toast Sticks & Turkey Sausage Patties Salad: Popcorn Chicken Salad Deli: Chicken Ham & Cheese Sandwich MTO: Build Your Own Deli Sandwich	BKFST: Mixed Berry Scone 15 Entree: Tater Tot Beef Nachos Salad: Three Meat Italian Salad Deli: Yogurt & Cheese Snack Pack MTO: Build Your Own Salad
BKFST: Breakfast Pizza 18 Entree: Mini Corn Dogs & Macaroni & Cheese Salad: Cheesy Romaine Salad <i>National Cheeseburger Day!</i> Deli: Turkey & Cheese Sub MTO: Build Your Own Burger Bar	BKFST: Mini Pancakes 19 Entree: Korean Meatballs with Rice Salad: Baja Veggie Salad Deli: Build Your Own Pizza Flatbread MTO: Build Your Own Salad	BKFST: Orange Vanilla Smoothie 20 Entree: Popcorn Chicken Bowl Salad: Turkey Chef Salad Deli: Yogurt & Cheese Snack Pack MTO: Build Your Own Burger Bar	BKFST: Turkey Maple Pancake Wrap 21 Entree: BBQ Chicken Flatbread Salad: Fruit & Yogurt Plate Deli: Roast Beef & Cheese Sandwich MTO: Build Your Own Deli Sandwich	BKFST: Chicken Ham & Cheese Bagel 22 Entree: Cheesy Baked Penne Pasta Salad: Diced Chicken Salad Deli: Three Cheese Sub MTO: Build Your Own Salad
BKFST: Blueberry Bread Slice 25 Entree: Spaghetti Carbonara Salad: Diced Chicken Salad Deli: Hummus & Veggie Snack Pack MTO: Build Your Own Deli Sandwich	BKFST: French Toast Sticks 26 Entree: Cheeseburger Meatloaf Salad: Fruit & Yogurt Plate Deli: Chicken Ham & Cheese Sandwich MTO: Build Your Own Salad	BKFST: Stuffed Cheese Bread 27 Entree: Pancakes & Scrambled Eggs Salad: Three Meat Italian Salad Deli: Turkey & Cheese Sandwich MTO: Build Your Own Burger Bar	BKFST: Maple Flatbread with Egg 28 Entree: Chicken Strips with Thai Peanut Sauce & Rice Salad: Cheesy Romaine Salad Deli: Build Your Own Pizza Bagel MTO: Build Your Own Deli Sandwich	BKFST: Chicken Sausage Pancake Bites 29 No Lunch – Early Release Day