



Fraser Elementary Lunch Menu January 2019

Happy Birthday!
Join us to celebrate January Birthdays with a special birthday treat for all students who order lunch on Friday, January 25th.

1 **All** students must turn in an order form to receive a lunch. If no order form is turned in your student will receive an alternate meal.

2
No School Winter Break

3
No School Winter Break

4
No School Winter Break

7 **Choice A:** Mozzarella Sticks & Marinara Sauce
Choice B: Chicken Ham Chef Salad
Choice C: Greek Chicken Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Seasoned Green Beans

8 **Choice A:** Chicken Patty Sandwich
Choice B: Egg Salad Platter
Choice C: Chicken Salad Sandwich
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Sliced Carrots

9 **Choice A:** Cheese Quesadilla
Choice B: Chicken Caesar Salad
Choice C: Mediterranean Turkey Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Kickin' Pinto Beans

10 **Choice A:** Chinese Take-out & Rice
Choice B: Chicken Nacho Salad
Choice C: Turkey Sandwich
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Zucchini Squash

11 **Choice A:** Pepperoni Pizza
Choice B: Fruit & Cheese Plate
Choice C: Roasted Veggie Sub
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Green Peas

14 **Choice A:** Pancake on a Stick
Choice B: Beef Nacho Salad
Choice C: Diced Chicken Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Tater Tots

15 **Choice A:** Macaroni & Cheese
Choice B: Cheesy Romaine Salad
Choice C: Turkey Sandwich on a Pretzel Bun
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Mixed Vegetables

16 **Choice A:** Chicken Pot Pie with a Biscuit
Choice B: Chicken Ranch Salad
Choice C: Chicken Ham & Cheese Sub
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Sliced Carrots

17 **Choice A:** Chicken Tenders with Crackers
Choice B: Fruit & Cheese Plate
Choice C: Diced Chicken Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Baked Beans

18 **Choice A:** Pepperoni Pizza
Choice B: Popcorn Chicken Salad
Choice C: Egg Salad Sandwich
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Steamed Broccoli

21
No School

22 **Choice A:** French Toast & Turkey Sausage Link
Choice B: Tuna Salad Plate
Choice C: Asian Chicken Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Tater Tots

23 **Choice A:** Rotini with Meat Sauce & Dinner Roll
Choice B: Buffalo Chicken Salad
Choice C: Italian Sub
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Seasoned Green Beans

24 **Choice A:** Cheeseburger
Choice B: Chicken Salad Platter
Choice C: Turkey Sub
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Roasted Cauliflower

25 **Choice A:** Cheese Pizza
Choice B: Fruit & Cheese Plate
Choice C: Chicken Ham & Turkey Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Sliced Carrots

28 **Choice A:** Chicken Corn Dog
Choice B: Bean Nacho Salad
Choice C: Chicken Caesar Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: French Fries

29 **Choice A:** Popcorn Chicken Bowl
Choice B: Fruit & Yogurt Plate
Choice C: Turkey Sub
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Roasted Cauliflower

30 **Choice A:** Ravioli & Breadstick
Choice B: Veggie Egg Salad
Choice C: Chicken Ham & Turkey Sandwich
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Seasoned Green Beans

31 **Choice A:** Chicken Nachos
Choice B: Turkey Chef Salad
Choice C: Veggie & Hummus Wrap
Choice D: Soy Butter and Jelly Sandwich
Hot veggie of the day: Campfire Beans

January 16th is ACE Giveaway Day!

You Can Apply for Free/Reduced meals at www.lunchapp.com

Put money on your student's account for free! @ www.sendmoneytoschool.com

Parents: Please submit the Meal Order form, with payment, by Thursday, December 20th. All forms & menus are available online.

Lunch Prices

Paid- \$2.35
Reduced- \$0.40
Milk- \$0.50

All meals come with milk and a visit to the Fresh Fruit & Veggie bar.

All salads (Choice B) are served daily with a Whole Grain Dinner Roll.

All sandwiches (Choice C) are served daily with Baked Chips or Whole Grain Crackers.