



Fraser Elementary Lunch Menu September 2019

2
**No School
Labor Day**

3
**No Lunch
Half Day**

4 **Choice A:** Mini Pancakes & Turkey Sausage Links
Choice B: Chicken Ranch Salad
Choice C: C.Ham & Cheese Sub
Choice D: Soybutter & Jelly Sandwich
Veggie: Sweet Potato Tots

5
Choice A: Cheese Ravioli & Breadstick
Choice B: Fruit & Cheese Plate
Choice C: Diced Honey Chicken Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Edamame

6
Choice A: Cheese Pizza
Choice B: Popcorn Chicken Salad
Choice C: Egg Salad Sandwich
Choice D: Soybutter & Jelly Sandwich
Veggie: Steamed Greens

9
Choice A: Chicken Drumstick & Biscuit
Choice B: Egg Chef Salad
Choice C: C.Ham Sandwich
Choice D: Soybutter & Jelly Sandwich
Veggie: Mashed Potatoes

10
Choice A: Beef Soft Tacos
Choice B: Tuna Salad Plate
Choice C: Asian Chicken Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Refried Beans

11 **Choice A:** Turkey Maple Pancake Wrap
Choice B: Buffalo Chicken Salad
Choice C: Chicken Salad Sandwich
Choice D: Soybutter & Jelly Sandwich
Veggie: Orange Glazed Carrots

12
Choice A: Chicken Parmesan with Spaghetti
Choice B: Chicken Salad Plate
Choice C: Turkey & Cheese Sub
Choice D: Soybutter & Jelly Sandwich
Veggie: Green Beans

13
Choice A: Cheese Pizza
Choice B: Fruit & Cheese Plate
Choice C: Turkey & C.Ham Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Steamed Spinach

16
Choice A: Popcorn Chicken Bowl & Biscuit
Choice B: Bean Nacho Salad
Choice C: Chicken Caesar Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Sweet Golden Corn

17
Choice A: Chinese Take-Out & Rice
Choice B: Fruit & Cheese Plate
Choice C: Turkey Sub
Choice D: Soybutter & Jelly Sandwich
Veggie: Mixed Vegetables

18 **Choice A:** French Toast Sticks & Turkey Sausage Links
Choice B: Mixed Green Salad with Egg
Choice C: C.Ham & Turkey Sandwich
Choice D: Soybutter & Jelly Sandwich
Veggie: Roasted Squash

19
Choice A: Macaroni & Cheese with Crackers
Choice B: Turkey Chef Salad
Choice C: Hummus & Veggie Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Campfire Beans

20
Choice A: Pepperoni Pizza
Choice B: Chicken & Cheese Salad
Choice C: Tuna Salad Sandwich
Choice D: Soybutter & Jelly Sandwich
Veggie: Steamed Broccoli

23
Choice A: Meatloaf & Gravy
Choice B: Tuna & Veggie Salad
Choice C: Three Cheese Sub
Choice D: Soybutter & Jelly Sandwich
Veggie: French Fries

24
Choice A: Walking Beef Tacos
Choice B: Buffalo Ranch Chicken Salad
Choice C: Santa Fe Turkey Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Green Beans

25
Choice A: Breakfast Burrito
Choice B: Turkey & Cheese Salad
Choice C: C.Ham & Cheese Sandwich
Choice D: Soybutter & Jelly Sandwich
Veggie: Sweet Potato Tots

26
Choice A: Spaghetti Carbonara & Dinner Roll
Choice B: Greek Feta Salad
Choice C: Thai Chicken Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Black Charro Beans

27
Choice A: Cheese Pizza
Choice B: Baja Chicken Salad
Choice C: Chicken Club Flatbread
Choice D: Soybutter & Jelly Sandwich
Veggie: Steamed Mixed Greens

30
Choice A: Chicken Nuggets & Biscuit
Choice B: C.Ham Chef Salad
Choice C: Chicken & Feta Wrap
Choice D: Soybutter & Jelly Sandwich
Veggie: Baked Beans

Choice B includes a dinner roll.
Choice C includes potato chips or crackers.
Choice D includes a cheese stick & crackers.
The daily featured veggie is available with **ALL** lunch choices.

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.

Happy Birthday!
Join us to celebrate **September Birthdays** with a special birthday treat for all students who order lunch on **Friday, September 27th.**

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 September 3rd. All forms & menus are available online.**

Lunch Prices

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

Note: Chicken Ham is abbreviated on the menu as "C.Ham" and does not contain pork.

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