



# Fraser High School Deli Menu September 2019

2  
No School  
Labor Day

3  
Salad Bar  
Cheesy Romaine Salad  
Southwest C.Ham  
Flatbread

4  
Specialty Burger Bar  
Chicken Ranch Salad  
C.Ham & Cheese Sub

5  
Salad Bar  
Fruit & Cheese Plate  
Honey Mustard  
Chicken Wrap

6  
Sandwich & Sub Bar  
Popcorn Chicken  
Salad  
Egg Salad Sandwich

9  
Sandwich & Sub Bar  
Egg Chef Salad  
C.Ham Sandwich

10  
Salad Bar  
Buffalo Chicken Salad  
Asian Chicken Wrap

11  
Specialty Burger Bar  
Greek Chicken Salad  
Buffalo Chicken Wrap

12  
Salad Bar  
Baja Veggie Salad  
Turkey & Cheese Sub

13  
Sandwich & Sub Bar  
Fruit & Cheese Plate  
C.Ham & Turkey Wrap

16  
Sandwich & Sub Bar  
Bean Nacho Salad  
Chicken Caesar  
Wrap

17  
Salad Bar  
Fruit & Cheese Plate  
Turkey BaBoom Sub

18  
Specialty Burger Bar  
Egg Veggie Salad  
Chicken Club  
Flatbread

19  
Salad Bar  
Turkey Chef Salad  
Hummus Veggie  
Wrap

20  
Sandwich & Sub Bar  
Diced Chicken &  
Cheese Salad  
Tuna Salad Sandwich

23  
Sandwich & Sub Bar  
Tuna Veggie Salad  
Three Cheese Sub

24  
Salad Bar  
Buffalo Chicken Salad  
Santa Fe Turkey  
Wrap

25  
Specialty Burger Bar  
Turkey & Cheese  
Salad  
Broccoli & Cheese  
Flatbread

26  
Salad Bar  
Greek Salad  
Thai Chicken Wrap

27  
Sandwich & Sub Bar  
Baja Chicken Salad  
Chicken Club  
Flatbread

30  
Sandwich & Sub Bar  
C.Ham Chef Salad  
Greek Chicken  
Wrap

You Can Apply for Free/Reduced meals at  
[www.lunchapp.com](http://www.lunchapp.com)  
Put money on your student's account for free! @  
[www.sendmoneytoschool.com](http://www.sendmoneytoschool.com)

A complete lunch includes Entrée, Fruit, Veggie & Milk.  
The full paid lunch price is \$2.85 for students and \$0.40 for  
reduced students.  
Additional Grab n' Go Salads & Sandwiches are available daily.