



# Fraser High School HomeZone Menu September 2019

2

## No School Labor Day

3

**HomeZone**  
Chicken Alfredo &  
Dinner Roll  
**Asian**  
Pepper Steak

4

**HomeZone**  
Breakfast Burrito &  
Hash Brown Patty  
**Asian**  
General Tso  
Chicken

5

**HomeZone**  
Fish Sticks with  
Macaroni & Cheese  
**Asian**  
Teriyaki Beef &  
Broccoli

6

**HomeZone**  
Spaghetti Carbonara  
& Breadstick  
**Asian**  
Szechwan Chicken

9

**HomeZone**  
Breaded Chicken  
Drumstick & Biscuit  
**Asian**  
Sweet & Sour Chicken

10

**HomeZone**  
Chicken Parmesan  
with Pasta Noodles  
**Asian**  
Stir Fry Beef &  
Veggies

11

**HomeZone**  
Build Your Own Baked  
Potato & Corn Muffin  
**Asian**  
Chicken Shawarma

12

**HomeZone**  
Fish Sticks with  
Macaroni & Cheese  
**Asian**  
Korean Beef  
Meatballs

13

**HomeZone**  
Spaghetti Carbonara  
& Breadstick  
**Asian**  
Chicken Fried Rice

16

**HomeZone**  
Chicken Pot Pie  
**Asian**  
Teriyaki Chicken

17

**HomeZone**  
Popcorn Chicken Bowl  
& Crackers  
**Asian**  
Chara Marsala

18

**HomeZone**  
Cheese Ravioli &  
Garlic Breadstick  
**Asian**  
Beef LoMein

19

**HomeZone**  
Chicken & Waffles  
**Asian**  
Orange Chicken

20

**HomeZone**  
Chili Cheese Fries  
**Asian**  
Vegetable Fried Rice

23

**HomeZone**  
Meatloaf with Gravy  
**Asian**  
Chicken Tikka  
Marsala

24

**HomeZone**  
Pancakes &  
Sausage Links  
**Asian**  
Szechwan Beef

25

**HomeZone**  
Cheesy Baked  
Penne Pasta  
**Asian**  
Korean Beef  
Meatballs

26

**HomeZone**  
Hearty Beef Chili &  
Corn Muffin  
**Asian**  
Chicken LoMein

27

**HomeZone**  
Hang Time Basket &  
Dinner Roll  
**Asian**  
Chicken in Plum  
Sauce

30

**HomeZone**  
Chicken Corn Dog &  
Fruit Muffin  
**Asian**  
Thai Lemon Grass  
Chicken

Visit your school cafeteria for information  
about this month's FUEL Specials and  
Special Event Promotions!

Vegetable Egg Rolls & Rice are available daily at  
the Asian Station! Top your Asian entrée with  
Soy Sauce and/or Sriracha.