

# Frazier High School March 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>March 1st</b> Hot Breakfast Sandwich Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
<b>March 4th</b> Yogurt with Animal Crackers Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 5th</b> Grab-N-Go Mini Pancakes Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 6th</b> Banana Bread Slice Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 7th</b> Cinnamon Roll Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 8th</b> Hot Breakfast Sandwich Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
<b>March 11th</b> Breakfast Taco Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 12th</b> Grab-N-Go Mini Cinnis Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 13th</b> Cinnamon Loaf Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 14th</b> Mini Chocolate Chip French Toast Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 15th</b> Hot Breakfast Sandwich Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
<b>March 18th</b> Grab-N-Go Waffles Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 19th</b> Yogurt with Animal Crackers Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 20th</b> Banana Bread Slice Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 21st</b> Cinnamon Roll Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 22nd</b> Hot Breakfast Sandwich Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
<b>March 25th</b> Breakfast Taco Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 26th</b> Grab-N-Go Mini Cinnis Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 27th</b> Grab-N-Go Frudel Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 28th</b> Mini Chocolate Chip French Toast Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>March 29th</b> Hot Breakfast Sandwich Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk

## What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Middle & High School Alternate Options May Include:

- Banana or Blueberry Muffins
- Chocolate Chip Oatmeal Breakfast Bar
- Warm Grab & Go Breakfast Sandwiches
- Fortified Breakfast Pastries
- Warm Bagels
- Yogurt & Toast

Whole Grains  
Available Daily

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.

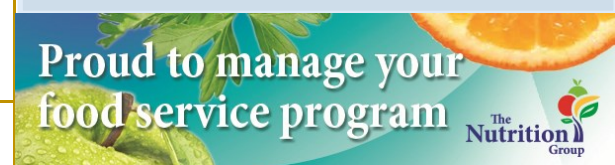


\*WG=Whole Grain



## Milk Choices Offered Daily

Low Fat Chocolate, Fat Free Strawberry, Fat Free Vanilla  
 Fat Free White and Low Fat White



Meal Prices:  
 Paid \$1.35  
 Reduced \$.30

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE