

Frazier Elementary/Middle School March 2019 Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				March 1st Funnel Cake Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
March 4th Yogurt with Toast Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 5th Grab-N-Go Mini Pancakes Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 6th Banana Bread Slice Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 7th Sausage, Egg and Cheese Muffin Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 8th Funnel Cake Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
March 11th Breakfast Taco Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 12th Grab-N-Go Mini Cinnis Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 13th Grab-N-Go Frudel Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 14th Mini Chocolate Chip French Toast Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 15th Funnel Cake Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
March 18th Breakfast Pizza with Toast Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 19th Breakfast Chicken Patty on Muffin Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 20th Banana Bread Slice Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 21st Cinnamon Roll Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 22nd Funnel Cake Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
March 25th Breakfast Taco Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 26th Grab-N-Go Mini Cinnis Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 27th Apple Roll Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 28th Breakfast Pizza Assorted Cereals with Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	March 29th Funnel Cake 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.

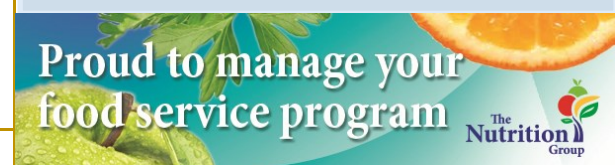


*WG=Whole Grain



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