

Frazier High School Breakfast Menu December 2020

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	December 1st Goody Ring Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 2nd Banana Bread Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 3rd Soft Cinnamon Toast Crunch Bar Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 4th Hot Breakfast Sandwich Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
December 7th Breakfast Taco Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 8th Soft Cocoa Puff Bar Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 9th Cinnamon Roll Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 10th Chocolate Chip French Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 11th Hot Breakfast Sandwich Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
December 14th Confetti Pancakes Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 15th Banana Bread Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 16th Blueberry Muffin Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 17th Mini Cinnis Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	December 18th Hot Breakfast Sandwich Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
December 21st Christmas Holiday Break No School	December 22nd Christmas Holiday Break No School	December 23rd Christmas Holiday Break No School	December 24th Christmas Holiday Break No School	December 25th Christmas Holiday Break No School
December 28th Christmas Holiday Break No School	December 29th Christmas Holiday Break No School	December 30th Christmas Holiday Break No School	December 31st Christmas Holiday Break No School	FREE BREAKFASTS FREE LUNCHES FOR ALL STUDENTS!!!!

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.

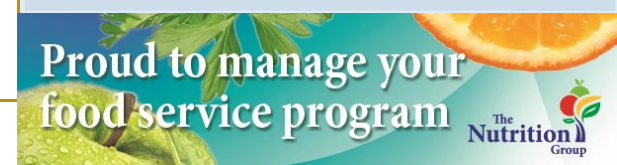


*WG=Whole Grain



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