



**Frazier participates in CEP**  
**All Student meals are Free**  
**Adult Breakfast: \$2.50**

## BREAKFAST MENU OCTOBER 2024

Menu Subject to Change

	1	2	3	4
	<b>Tuesday</b> Pull Apart Donut Assorted Fruit 100% Fruit Juice Milk Choice	<b>Wednesday</b> Benefit Bar Assorted Fruit 100% Fruit Juice Milk Choice	<b>Thursday</b> Super Bakery Banana Bread Slice Assorted Fruit 100% Fruit Juice Milk Choice	<b>Friday</b> Dutch Waffle Assorted Fruit 100% Fruit Juice Milk Choice
7	Breakfast Pizza Assorted Fruit 100% Fruit Juice Milk Choice	<b>9</b> Cinnamon Roll Assorted Fruit 100% Fruit Juice Milk Choice	<b>10</b> Mini Loaf w/Belly Bears Assorted Fruit 100% Fruit Juice Milk Choice	<b>11</b> Pancake On A Stick Assorted Fruit 100% Fruit Juice Milk Choice
14	<b>15</b> Chocolate Chip French Toast Assorted Fruit 100% Fruit Juice Milk Choice	<b>16</b> Fruit Muffin w/ Yogurt Assorted Fruit 100% Fruit Juice Milk Choice	<b>17</b> Super Bakery Donut Stick Assorted Fruit 100% Fruit Juice Milk Choice	<b>18</b> Mini Waffles Assorted Fruit 100% Fruit Juice Milk Choice
21	<b>22</b> Glazed Donut Assorted Fruit 100% Fruit Juice Milk Choice	<b>23</b> Sweet Roll Assorted Fruit 100% Fruit Juice Milk Choice	<b>24</b> Mini Cinni Assorted Fruit 100% Fruit Juice Milk Choice	<b>25</b> Dutch Waffle Assorted Fruit 100% Fruit Juice Milk Choice
28	<b>29</b> Fruitloop Cereal Bar Chunk Bar Assorted Fruit 100% Fruit Juice Milk Choice	<b>30</b> Mini Donut Assorted Fruit 100% Fruit Juice Milk Choice	<b>31</b> Cherry Frudel Assorted Fruit 100% Fruit Juice Milk Choice	



Frazier School District participates in the "National School Breakfast Program." All students receive a complimentary breakfast meal each school day. Per USDA School Breakfast Program Regulations, a complete breakfast offering includes: (2) one oz. equivalents of grain, 80% of which is "whole grain rich" OR (1) one oz. equivalent serving grains and (1) one oz. meat/meat alternate and (2) 1/2 cup portions of fruit (may be fresh, canned, dried or 100% juice) or vegetable, and (1) 1/2 pint of 1% or FF milk. \*If all components of a complete breakfast are not selected, ala cart prices are in effect, as required by USDA.

Elementary Alternates may include  
**Choose 1**  
 Benefit Bar  
**May Choose 2**  
 1 oz Cereal Bowl  
 Single Poptart  
 4 oz Yogurt  
 Belly Bears  
 2 oz Fruit Muffin or Muffin Top or  
 Mini Loaf  
 Cereal Bar

Middle School Grab N'Go Breakfast  
 Cart may include  
**Choose 1**  
 Benefit Bar  
 2 ct Poptarts  
 Cinnamon Roll  
 Mini Donuts  
 4 oz - Sara Lee or Otis Spunkmeyer  
 Muffin

High School Grab N'Go Breakfast  
 Cart may include  
**Choose 1**  
 Benefit Bar  
 2 ct Poptarts  
 Hadley Farms Cinnamon Roll  
 Mini Donuts  
 4 oz - Sara Lee or Otis Spunkmeyer  
 Muffin  
 2 oz Cereal Bowl

Food Service Manager  
 Christie Mansberry  
 724-736-9507 x431  
 cmansberry@fraziersd.org

Frazier is an equal opportunity provider