



# BREAKFAST MENU January 2026



### Frazier participates in CEP

## **All Student meals are Free**

Adult Breakfast: \$2.95

Elementary Alternates may Inclued

	Monday		Tuesday		Wednesday		Thursday		Friday	
						1	Happy New Year	2	TEACHERS IN SERVICE	
5	Assorted Benefit Bars	6	Banana Bread Slice	7	Breakfast Pizza	8	Confetti Pancakes	9	Dutch Waffles	7
										2 (
	Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
	100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	
	Milk Choice		Milk Choice		Milk Choice		Milk Choice		Milk Choice	
12	Otis Spunkmeyer Fruit	13	Cherry Frudel	14	Sausage, Egg & Cheese	15	Trix Yogurt	16	Pull Apart Donuts	П.
	<b>Muffin</b> & Belly Bears				<b>Breakfast Sandwich</b>		Belly Bears			
	Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
	100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	
	Milk Choice		Milk Choice		Milk Choice		Milk Choice		Milk Choice	
19	Maple Waffles	20	Assorted Mini Donuts	21	Cinnamon Rolls	22	Soft Cinnamon Toast	23	Dutch Waffles	
							Crunch Bar			
	Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
	100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	
	Milk Choice		Milk Choice		Milk Choice		Milk Choice		Milk Choice	Н
26	Mini Cinni	27	Assorted Benefit Bars	28	Donut Holes	29	Apple Frudel	30	Banana Bread Slice	
	Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit		Assorted Fruit	
	100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice		100% Fruit Juice	
	Milk Choice		Milk Choice		Milk Choice		Milk Choice		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) ½ cup portions of fruit (may be fresh, canned, dried or 100% juice) or vegetable, and (1) ½ 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.

Choose 1

Benefit Bar

#### May Choose 2

1 oz Cereal Bowl

Single Poptart

4 oz Yogurt

**Belly Bears** 

oz Fruit Muffin or Muffin Top or Mini

Loaf

Cereal Bar

Middle School Grab N'Go Breakfast Cart may Inclued

#### Choose 1

Benefit Bar

2 ct Poptarts

Cinnamon Roll

Mini Donuts

4 oz Sara Lee or Otis Spunkmyer

Muffin

2 oz Cereal Bowl

High School Grab N'Go Breakfast Cart

may Inclued

#### Choose 1

Benefit Bar

2 ct Poptarts

Hadley Farms Cinnamon Roll

Mini Donuts

4 oz Sara Lee or Otis Spunkmyer

Muffin

Mini Cinni

2 oz Cereal Bowl

Frazier is an equal opportunity provider

The Frazier School
District Food Service
Department needs
Cafereria Workers
Applications available
at the Administratin Office

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