

# Frazier High School Breakfast Menu November 2023

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<b>November 1st</b> Mini Waffles Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 2nd</b> Chocolate Chip Muffin Flat Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 3rd</b> Dutch Waffle Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
<b>November 6th</b> Frudel Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 7th</b> Chocolate Filled Crescent Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 8th</b> Cinnamon Roll Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 9th</b> Egg and Cheese Muffin Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 10th</b>  Veteran's Day Holiday  No School
<b>November 13th</b> Soft Cocoa Puff Bar Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 14th</b> Apple Cinnamon Mini Loafs Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 15th</b> Chocolate Chip French Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 16th</b> Mini Cinni Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 17th</b> Dutch Waffle Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk
<b>November 20th</b> Soft Cinnamon Toast Crunch Bar Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 21st</b> Cereal Blast Fun and Fruitti Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 22nd</b>  Thanksgiving Holiday  No School	<b>November 23rd</b>  Thanksgiving Holiday  No School	<b>November 24th</b>  Thanksgiving Holiday  No School
<b>November 27th</b>  Thanksgiving Holiday  No School	<b>November 28th</b> Chocolate Chip French Toast Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 29th</b> Cinnamon Roll Benefit Bars 100% Assorted Juice Assorted Fruit Low/Non Fat Milk	<b>November 30th</b> Raspberry Mini Loafs 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.

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

High School Alternate Options May Include:

Banana or Blueberry Muffins  
Benefit Breakfast Bar  
WG Pop Tarts  
Fortified Breakfast Pastries

MENUS SUBJECT TO CHANGE



## Milk Choices Offered Daily

Low Fat White, Fat Free Chocolate,

Proud to manage your  
food service program



Meal Prices:  
**FREE to all students**

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