

SEPTEMBER 2023

MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY

Menus are subject to change

Chicken Nuggets are BACK

GRAB-N-GO

PB & J

MILK VARIETY OFFERED WITH EVERY MEAL

Tuesday September 12, 2023
Frazier Elementary
Planned the Menu

September 13, 2023
National Peanut Butter Day

Our menu's can also be viewed on www.linqconnect.com and also on www.rheacounty.org. Sign up on Linq and add money to your students account for ala'carte items.

WORD of the MONTH
RESPECT
Showing high regard for authority, other people, self, & country. Treating others as you would want to be treated. Understanding that all people have value as human beings

KIDS! Join us daily for the original value meal!
All of our complete meals are always
NO CHARGE for all students
with no need to submit an application, thanks to the Community Eligibility Program!

Juice offered daily for breakfast
Fruit daily for both meals
Milk offered daily with both meals
Grab N Go offered daily (when available)

1 BREAKFAST
Cereal & Graham OR Pancake on a stick OR Poptart
LUNCH
Hamburger, Cheeseburger, Breaded Chicken Sandwich, Tots
Leafy Green Trimmings
Mediterranean Cucumber Salad

LABOR DAY
No School!

Professional Development for Teachers
NO SCHOOL TODAY

6 BREAKFAST
Chicken Patty Biscuit OR Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Pizza, Toasted Cheese Sandwich,
Fresh Baby Carrots
Corn

7 BREAKFAST
Yogurt OR Pop-Tart, OR Cereal & Graham
LUNCH
Chicken Tenders
Creamed Potatoes
Green Beans
Hot Roll

8 BREAKFAST
Pop-Tart
OR Cereal 2oz
LUNCH
Hamburger, Cheeseburger, Breaded Chicken Sandwich, Fries
Trimmings
Broccoli Cup,
Pickle

11 BREAKFAST
Breakfast Pizza, Pop-Tart,
OR Cereal & Graham
LUNCH
Hot Ham and Cheese
Side Salad,
Corn, Chips

12 BREAKFAST
Cinnamon Roll, Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Pork Chop Patty
Creamed Potatoes
Steamed Carrots.
Hot Roll

13 BREAKFAST
Sausage Biscuit Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Hot Dog on Bun
Chili Beans
Cole Slaw
Mac and Cheese

14 BREAKFAST
Banana Split Biscuit, Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Chicken Nuggets
Creamed Potatoes
Green Beans
Hot Roll

15 BREAKFAST
Oatmeal Bar, Pop-Tart,
OR Cereal & Graham
LUNCH
Hamburger, Cheeseburger, Chicken Sandwich
Trimmings, Batter Bites
Broccoli Cup

18 BREAKFAST
Texas Toast, Pop-Tart
OR Cereal & Graham
LUNCH
Pizza, Toasted Cheese Sandwich
Corn
Roasted Carrots

19 BREAKFAST
Donut, Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Nashville Hot Chicken
Sand
Coleslaw
Baked Beans

20 BREAKFAST
Chicken Patty Biscuit Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Pulled Chicken Slider
Baked Potato
Steam Broccoli w/cheese

21 BREAKFAST
Yogurt OR Pop-Tart,
OR Cereal & Graham
LUNCH
Chicken Smackers
Creamed Potatoes
Green Beans,
Hot Roll

22 BREAKFAST
Pop-Tart,
OR Cereal 2oz
LUNCH
Hamburger, Cheeseburger, Breaded Chicken Sandwich
Trimmings, Fries
Carrot/Cucumber Cup,

25 BREAKFAST
Muffin & String Cheese, Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Garlic Cheese Toast
Marinara Sauce
Side Salad

26 BREAKFAST
Mini Waffles, Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Choice of meat
Scrambled eggs
Tots, salsa
100% Juice
Biscuit, gravy
Baked Apples

27 BREAKFAST
Sausage Biscuit OR Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Fish Nuggets
Hush Puppies
Pinto beans', coleslaw
Mac and cheese

28 BREAKFAST
Breakfast Bun OR Pop-Tart,
OR Cereal & Graham Crackers
LUNCH
Chicken Nuggets
Creamed Potatoes,
Green Beans
Hot Roll

29 BREAKFAST
Pancake on a Stick
OR Cereal and Graham
OR Pop-Tarts
LUNCH
Hamburger, Cheeseburger, Breaded Chicken Sandwich
Trimmings, Fries
Broccoli Cup,

This institution is an equal opportunity provider.