

Frazier Elementary/Middle School Breakfast Menu November 2023

Director of Food and Nutrition:
Kelly Calderone
kcalderone@fraziersd.org
724-736-9507 x431



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

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

Additional / Alternate Options May Include:

Banana or Blueberry Muffins
Benefit Breakfast Bar
Assorted Cereal with Belly Bears
Fortified Breakfast Pastries
Yogurt with Belly Bears

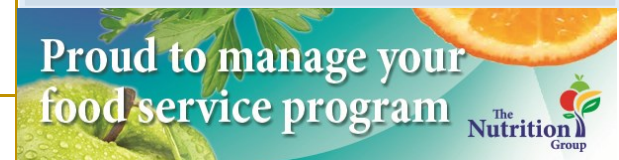
Whole Grains
Available Daily

Variety of Fresh Fruit, 100% Fruit Juice and Canned Fruits available daily.



Milk Choices Offered Daily

Low Fat White and Non Fat Chocolate



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

MENUS SUBJECT TO CHANGE