



FRASER HIGH SCHOOL

September 2026

NOTES

The fresh fruit & vegetable bar is available daily and is included with all entrée options!
Breakfast & lunch include flavored or unflavored lowfat or fat-free milk.
One complete breakfast and lunch is FREE for all students each day!
All salads are served with a dinner roll.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKFST: Mini Strawberry Cream Cheese Bagels & Blueberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Fruit & Cheese Plate Pizza: Vegetable Pesto Pizza Vegetable: French Fries 31	BKFST: Chicken Snack Wrap & Strawberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Turkey BaBoom Sub Pizza: Spicy Sausage Pizza Vegetable: Roasted Cauliflower 1	BKFST: Cheesy Breakfast Taco & Peach Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Make Your Own Pepperoni Pizza Bagel Pizza: Meat Lover's Pizza Vegetable: Red Pepper Strips 2	BKFST: Turkey Pancake Wrap & Blueberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Turkey Chef Salad Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend 3	No School Labor Day 4
No School Labor Day 7	BKFST: Breakfast Burrito & Strawberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Breaded Buffalo Chicken Salad Pizza: Greek Chicken Pizza Vegetable: Waffle Fries 8	BKFST: French Toast Sticks & Peach Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Ham Chef Salad Pizza: Buffalo Roasted Cauliflower & Chicken Pizza Vegetable: Steamed Broccoli 9	BKFST: Chocolate Filled Crescent & Blueberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Santa Fe Turkey Wrap Pizza: Fully Loaded Pizza Vegetable: Roasted Baby Carrots 10	BKFST: Mini Pancake Sausage Bites & Strawberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Vegetable Greek Salad Pizza: Chili Lime & Beef Pizza Vegetable: Red Pepper Strips 11
BKFST: Chicken & Cheese English Muffin & Blueberry Yogurt Parfait Test Kitchen: Global Taco Deli: Ham Chef Salad Pizza: Greek Pizza Vegetable: Buttered Broccoli 14	BKFST: Glazed Cinnamon Roll & Strawberry Yogurt Parfait Early Release – No Lunch 15	BKFST: Sausage Breakfast Pizza & Peach Yogurt Parfait Test Kitchen: Global Taco Deli: Turkey & Cheese Wrap Pizza: Chicken Mac n' Cheese Pizza Vegetable: Roasted Baby Carrots 16	BKFST: Caramel Mini Cinnis Cinnamon Roll & Blueberry Yogurt Parfait Test Kitchen: Pesto Chicken Flatbread Deli: Chicken Nacho Salad Pizza: Broccoli, Pepper & Onion Pizza Vegetable: Sweet Golden Corn 17 	BKFST: Cinnamon Chip Scone & Strawberry Yogurt Parfait Test Kitchen: Global Taco Deli: Fruit, Yogurt & Cheese Plate Pizza: White Pizza w/ Sausage Vegetable: Seasoned Black Beans 18
BKFST: Turkey Pancake Wrap & Blueberry Yogurt Parfait Test Kitchen: Pasta Bar Deli: Beef Nacho Salad Pizza: Southwest Chicken Pizza w/ Black Beans & Corn Vegetable: French Fries 21	BKFST: Egg & Cheese Croissant & Strawberry Yogurt Parfait Test Kitchen: Pasta Bar Deli: Veggie & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Baby Carrots 22	BKFST: Country Chicken Biscuit & Peach Yogurt Parfait Test Kitchen: Chicken Dumplings & Egg Fried Rice Deli: Ranch Chicken Salad Pizza: Buffalo Blue Chicken Pizza Vegetable: Steamed Zucchini Squash 23 	BKFST: Maple Pancake Puffs & Blueberry Yogurt Parfait Test Kitchen: Pasta Bar Deli: Fruit & Cheese Plate Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend 24	BKFST: Egg & Cheese Bagel & Strawberry Yogurt Parfait Test Kitchen: Pasta Bar Deli: Popcorn Chicken Salad Pizza: Veggie Pizza Vegetable: Kickin' Pinto Beans 25
BKFST: Ham & Cheese Breakfast Flatbread & Blueberry Yogurt Parfait Test Kitchen: BBQ Platter Deli: Tuna Salad Platter Pizza: White Pizza w/ Sausage Vegetable: Tater Tots 28	BKFST: Sausage Breakfast Pizza & Strawberry Yogurt Parfait Test Kitchen: BBQ Platter Deli: Asian Chicken Wrap Pizza: Sweet & Spicy Ham Pizza Vegetable: Steamed Broccoli 29	BKFST: Glazed Cinnamon Roll & Peach Yogurt Parfait Test Kitchen: BBQ Platter Deli: Buffalo Chicken Salad Pizza: Cheeseburger Pizza Vegetable: Peas & Carrots Blend 30		