

Please complete an Education Benefits Form by visiting fraser.familyportal.cloud

Breakfast & lunch include your choice of 1% or fat free flavored or unflavored milk.

One FREE breakfast & lunch is available to each student during the 2026-27 School Year!



Soybutter & Jelly Sandwich Meal & Cheese Sandwiches are offered at lunch daily.

The fresh fruit & vegetable bar is available daily with all entrée choices!

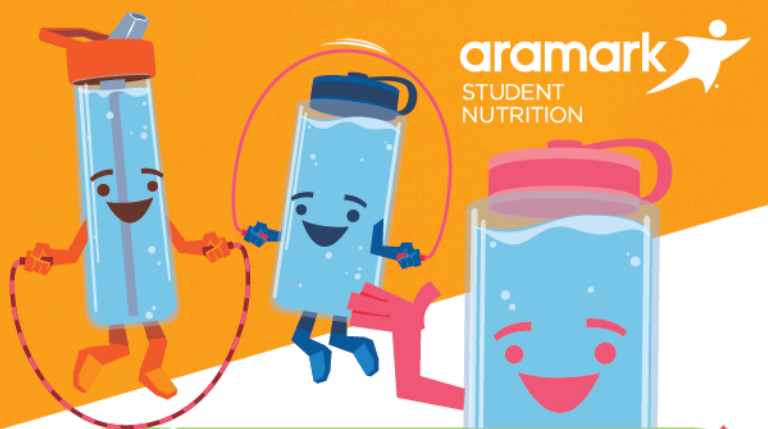
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			Apple Frudel Fresh Banana & 100% Fruit Juice 1 A. Vegetable Fried Rice w/ Egg Roll B. Popcorn Chicken Salad w/ Dinner Roll Sweet Golden Corn World Vegetarian Day!	Banana Chocolate Chunk BeneFIT Bar Strawberry Craisins & 100% Fruit Juice 2 A. Domino's Cheese Pizza B. Italian Salad w/ Dinner Roll Peas & Carrots
Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice 5 A. Bosco Cheese Sticks w/ Marinara Sauce B. Turkey & Cheese Sub Green Beans	Pumpkin Bread Slice Diced Peaches & 100% Fruit Juice 6 A. Beef Nachos B. Turkey Chef Salad w/ Dinner Roll Refried Beans	Nutri-Grain Bar & Cheese Cubes Applesauce Cup & 100% Fruit Juice 7 A. Southwest Crunch Burger B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli Limited Time Menu Option!	Mini Strawberry Cream Cheese Bagels Fresh Banana & 100% Fruit Juice 8 A. Macaroni & Cheese w/ Cheez-It Crackers B. Apple, Yogurt & Cheese Plate French Fries	EGGO Cinnamon Bun Crackers Raisins & 100% Fruit Juice 9 A. Domino's Cheese Pizza B. Make Your Own Pepperoni Pizza Flatbread Rainbow Vegetable Blend
Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice 12 A. Hot Dog on a Bun B. Apple, Yogurt & Cheese Plate Baked Beans	Plain Bagel w/ Jelly Strawberry Cup & 100% Fruit Juice 13 A. Honey Stung Popcorn Chicken w/ Biscuit B. Diced Chicken & Cheese Salad w/ Dinner Roll Tater Tots	Mini Strawberry Pancake Puffs Applesauce Cup & 100% Fruit Juice 14 A. Mini Pancakes & Cheesy Egg Omelet B. Pimento Cheese, Hummus & Chips Dipping Box Diced Carrots	Chocolate Filled Crescent Roll Fresh Pear & 100% Fruit Juice 15 A. Cheeseburger B. Make Your Own Pepperoni Pizza Bagel French Fries	Lemon Bread Slice Strawberry Craisins & 100% Fruit Juice 16 A. Domino's Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli
Cereal Bowl & Tiger Bites Apple Slices & 100% Fruit Juice 19 A. Mini Waffles w/ Turkey Sausage Links B. Make Your Own Pepperoni Pizza Flatbread Warm Cinnamon Apples	Blueberry Bread Slice Mixed Berry Cup & 100% Fruit Juice 20 A. Chicken Patty Sandwich w/ Pickles & Signature Sauce B. Popcorn Chicken Salad w/ Dinner Roll Waffle Fries	Powdered Sugar Donut Applesauce Cup & 100% Fruit Juice 21 A. Lasagna Roll-Ups & Fresh Baked Breadstick B. Pretzel, Yogurt & Cheese Pack Parmesan Green Beans	Oatmeal Chocolate Chip BeneFIT Bar Fresh Banana & 100% Fruit Juice 22 A. Popcorn Chicken w/ Chili Glaze & Rice B. Ham Chef Salad w/ Dinner Roll Sliced Carrots	Mini Pancakes Raisins & 100% Fruit Juice 23 A. Domino's Cheese Pizza B. Turkey & Cheese Sub Rainbow Vegetable Blend
Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice 26 A. Walking Beef Taco w/ Doritos B. Turkey & Cheese Sandwich Kickin' Pinto Beans	Mini Cinnis Cinnamon Rolls Peach Cup & 100% Fruit Juice 27 A. Chicken Tenders w/ Fresh Baked Breadstick B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli	French Toast BeneFIT Bar Applesauce Cup & 100% Fruit Juice 28 A. Fish Sticks w/ Cheez-It Crackers B. Popcorn Chicken Salad w/ Dinner Roll French Fries	Chocolate Muffin Fresh Banana & 100% Fruit Juice 29 No Lunch Half Day	Strawberry Pop-Tart & Yogurt Cup Cherry Craisins & 100% Fruit Juice 30 A. Domino's Cheese Pizza B. Turkey Chef Salad w/ Dinner Roll Steamed Baby Carrots Happy Halloween!

WATER YOU WAITING FOR?

DRINK WATER THROUGHOUT THE DAY

Good hydration is important! Water supports all the body's functions, including energy levels, digestion and temperature regulation. It can also help protect against headaches, fatigue, muscle cramps and more. Drinking plenty of water helps you to be your best and maintain good focus, whether during learning time – or play time!

aramark
STUDENT
NUTRITION



WATER TASTE TEST CHALLENGE

TASTES GREAT AND HYDRATES!

What You Need:

- Several cups or bottles for water
- Different options (hot vs. cold, tap water vs. distilled water, water with slices of lemon, cucumber or strawberry added)
- Slips of paper and something to write with

Setup:

1. Label each cup (1, 2, 3, or A, B, C ...).
2. Fill each cup with different water options as noted above (be sure to write down on a separate sheet what is in each cup).
3. Give each kid a "score sheet" with the same numbers or letters as you used to label the cups.

How To Play:

1. Kids take a sip from each water sample (if you want, you can provide a separate cup for each player).
2. For each sip, the player records how it tastes (cold, fruity, fizzy, etc.) and whether they liked it (happy face, sad face, stars, or whatever system they like).
3. At the end, players vote on their favorite water.

HYDRATING ELECTROLYTE POPSICLES

INGREDIENTS:

- 2 cups coconut water
- ½ cup orange juice
- 1–2 tbsp honey or maple syrup (adjust to taste)
- ⅛ tsp sea salt
- Berries or fruit of choice

*DO NOT use kitchen appliances without adult supervision.

INSTRUCTIONS:

1. Add all ingredients to a blender and blend until smooth.
2. Pour the mixture into popsicle molds and freeze for at least 4–6 hours, or until solid.

These are perfect for a hot day, after vigorous exercise or for rehydrating when recovering from an illness.



THIRSTY?

DRAW, DOODLE, OR
WRITE SOMETHING COOL
ON THIS WATER BOTTLE!

DID YOU KNOW?

- 97% of all the water on earth is salt water
- Of the 3% that is fresh water, more than 2/3 of it is in the form of ice
- Humans are made up of about 60% water, so we need to stay hydrated!



What did one raindrop say to the other?

Two's company, three's a cloud!



Where do mermaids sleep?

On waterbeds!



Why is water never stressed out?

It goes with the flow!



When does it rain money?

When there is CHANGE in the weather!

FRESH FUNNIES

