



FRASER HIGH SCHOOL

October 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
			BKFAST: Chicken & Cheese Biscuit & Blueberry Yogurt Parfait Test Kitchen: Vegetable Fried Rice w/ Egg Roll Deli: Fruit & Cheese Plate Pizza: BBQ Chicken Pizza w/ Sriracha Glazed Crush Vegetable: Sweet Golden Corn	BKFAST: Mixed Berry Scone & Strawberry Yogurt Parfait Test Kitchen: BBQ Platter Deli: Make Your Pepperoni Pizza Bagel Pizza: Mexican Pizza Vegetable: Roasted Baby Carrots
BKFAST: Mini Strawberry Cream Cheese Bagels & Blueberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Fruit & Cheese Plate Pizza: Veggie Pesto Pizza Vegetable: Steamed Broccoli	BKFAST: Chicken Snack Wrap & Strawberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Turkey BaBoom Sub Pizza: Spicy Sausage Pizza Vegetable: Roasted Cauliflower	BKFAST: Cheesy Breakfast Taco & Peach Yogurt Parfait Test Kitchen: Southwest Crunch Burger Deli: Make Your Own Pepperoni Pizza Bagel Pizza: Meat Lover's Pizza Vegetable: Red Pepper Strips	BKFAST: Turkey Pancake Wrap & Blueberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Deli: Turkey Chef Salad Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend	BKFAST: Mini Maple Pancakes & Strawberry Yogurt Parfait Early Release – No Lunch
BKFAST: Egg & Cheese Croissant & Blueberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Tuna Salad w/ Carrots & Celery Pizza: Taco Pizza Vegetable: Waffle Fries	BKFAST: Breakfast Burrito & Strawberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Breaded Buffalo Chicken Salad Pizza: Greek Chicken Pizza Vegetable: Sweet Potato Fries	BKFAST: French Toast Sticks & Peach Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Ham Chef Salad Pizza: Buffalo Roasted Cauliflower & Chicken Pizza Vegetable: Steamed Broccoli	BKFAST: Chocolate Filled Crescent & Blueberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Santa Fe Turkey Wrap Pizza: Fully Loaded Pizza Vegetable: Roasted Baby Carrots	BKFAST: 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
BKFAST: Chicken & Cheese English Muffin & Blueberry Yogurt Parfait Test Kitchen: Global Taco Deli: Ham Chef Salad Pizza: Greek Pizza Vegetable: Buttered Broccoli	BKFAST: Glazed Cinnamon Roll & Strawberry Yogurt Parfait Test Kitchen: Global Taco Deli: Crispy Chicken Caesar Salad Pizza: Cheeseburger Pizza Vegetable: Roasted Cauliflower	BKFAST: Sausage Breakfast Pizza & Peach Yogurt Parfait Test Kitchen: Global Taco Deli: Turkey & Cheese Wrap Pizza: Chicken Mac n' Cheese Pizza Vegetable: Roasted Baby Carrots	BKFAST: Caramel Mini Cinnis Cinnamon Roll & Blueberry Yogurt Parfait Half Day – No Lunch	BKFAST: Cinnamon Chip Scone & Strawberry Yogurt Parfait Test Kitchen: Global Taco Deli: Fruit, Yogurt & Cheese Plate Pizza: White Pizza w/ Sausage Vegetable: Seasoned Black Beans
BKFAST: 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	BKFAST: Egg & Cheese Croissant & Strawberry Yogurt Parfait Test Kitchen: Pasta Bar Deli: Veggie & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Baby Carrots	BKFAST: Country Chicken Biscuit & Peach Yogurt Parfait Test Kitchen: Pasta Bar Deli: Ranch Chicken Salad Pizza: Buffalo Blue Chicken Pizza Vegetable: Steamed Zucchini Squash	BKFAST: Maple Pancake Puffs & Blueberry Yogurt Parfait Test Kitchen: Pasta Bar Deli: Fruit & Cheese Plate Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend	BKFAST: Egg & Cheese Bagel & Strawberry Yogurt Parfait Early Release – No Lunch

World Vegetarian Day

Limited Time Menu Option!

Happy Halloween!