

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
Cereal Bowl & Tiger Bites Apple Slices & 100% Fruit Juice 2 A. Mini Trix French Toast w/ Turkey Sausage Patties B. Turkey & Cheese Sandwich Tater Tots	No School Election Day 3	Blueberry Bagel w/ Cream Cheese Applesauce Cup & 100% Fruit Juice 4 A. Beef Soft Tacos B. Apple, Yogurt & Cheese Plate w/ Dinner Roll Peas & Carrots	Apple Frudel Fresh Banana & 100% Fruit Juice 5 A. Chicken Dumplings w/ Egg Fried Rice B. Popcorn Chicken Salad w/ Dinner Roll Sweet Golden Corn	Banana Chocolate Chunk BeneFIT Bar Strawberry Craisins & 100% Fruit Juice 6 A. Domino's Cheese Pizza B. Italian Salad w/ Dinner Roll Peas & Carrots
Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice 9 A. Bosco Cheese Sticks w/ Marinara Sauce B. Turkey & Cheese Sub Green Beans	Pumpkin Bread Slice Diced Peaches & 100% Fruit Juice 10 A. Beef Nachos B. Turkey Chef Salad w/ Dinner Roll Refried Beans	Nutri-Grain Bar & Cheese Cubes Applesauce Cup & 100% Fruit Juice 11 A. Pepperoni Calzone w/ Pizza Ranch B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli	Mini Strawberry Cream Cheese Bagels Fresh Banana & 100% Fruit Juice 12 A. Macaroni & Cheese w/ Cheez-It Crackers B. Make Your Own Pepperoni Pizza Flatbread French Fries	EGGO Cinnamon Bun Crackers Raisins & 100% Fruit Juice 13 A. Domino's Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice 16 A. Hot Dog on a Bun B. Apple, Yogurt & Cheese Plate Baked Beans	Plain Bagel w/ Jelly Strawberry Cup & 100% Fruit Juice 17 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 18 A. Mini Pancakes & Cheesy Egg Omelet B. Pimento Cheese, Hummus & Chips Dipping Box Diced Carrots	Chocolate Filled Crescent Roll Fresh Pear & 100% Fruit Juice 19 A. Cheeseburger B. Make Your Own Pepperoni Pizza Bagel French Fries	Lemon Bread Slice Strawberry Craisins & 100% Fruit Juice 20 A. Domino's Cheese Pizza B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli
Cereal Bowl & Tiger Bites Apple Slices & 100% Fruit Juice 23 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 24 A. Roasted Turkey w/ Gravy & Dinner Roll B. Popcorn Chicken Salad w/ Dinner Roll Mashed Potatoes	No School Thanksgiving Break 25	No School Thanksgiving Break 26	No School Thanksgiving Break 27
Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice 30 A. Walking Beef Taco w/ Doritos B. Turkey & Cheese Sandwich Kickin' Pinto Beans				

TAKE A CHURN FOR THE BETTER

DON'T SKIM OVER THESE DAIRY FACTS!

Dairy provides essential nutrients like calcium, vitamin D, protein, potassium, and zinc. These are crucial for strong bones, teeth, muscle growth, and overall development, making it a nutrient powerhouse for growing bodies. Also, they're DELICIOUS—enjoy dairy today!

BERRY DAIRY SMOOTHIE POPSICLE

PREP TIME: 10 minutes

FREEZE TIME: 6 hours

TOTAL TIME: 6 hours 10 minutes

SERVINGS: 6-8

INGREDIENTS:

- 1 cup milk
- 1 cup plain Greek yogurt
- ½ cup raspberries, fresh or frozen
- ½ cup blueberries, fresh or frozen
- ½ cup strawberries, fresh or frozen

INSTRUCTIONS:

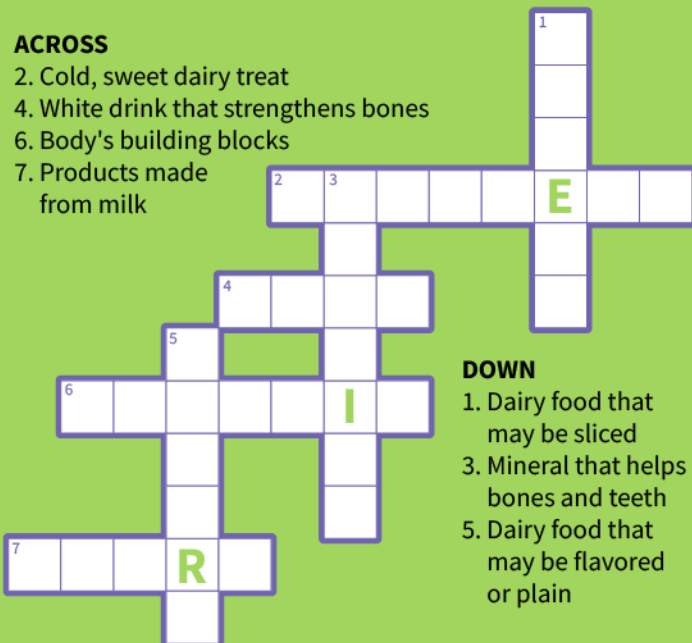
1. In a blender, combine the ingredients and blend until completely smooth.
2. Pour the popsicle mixture into the molds and insert a popsicle stick into the center of each mold.
3. Place molds in freezer on a level surface and freeze for at least 6 hours or overnight.
4. Run warm water over the outside of the mold for a few seconds and gently slide them out of the mold. Enjoy!

DAIRY CROSSWORD

SOLVE THE CLUES TO FILL IN THE PUZZLE!

ACROSS

2. Cold, sweet dairy treat
4. White drink that strengthens bones
6. Body's building blocks
7. Products made from milk



DOWN

1. Dairy food that may be sliced
3. Mineral that helps bones and teeth
5. Dairy food that may be flavored or plain

ACROSS: 2. ICE CREAM, 4. MILK, 6. PROTEIN, 7. DAIRY DOWN: 1. CHEESE, 3. CALCIUM, 5. YOGURT

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STUDENT
NUTRITION



DAIRY DASH

What You Need:

- Illustrations or photographs of dairy and non-dairy foods

How to Play:

1. Place food pictures on one side of the room
2. Students take turns running to grab only dairy foods
3. Students check answers and discuss as a group

Challenge for Older Students:

- Add trick foods like almond milk and margarine

DAIRY RIDDLES FOR KIDS

1. I'm white, cold, and I help bones grow strong. *What am I?*
Answer: Milk
2. I'm sliced thin and taste good on a sandwich. *What am I?*
Answer: Cheese
3. I can be sweet or plain, thick or smooth, and I help your tummy. *What am I?*
Answer: Yogurt
4. I come from cows and contain calcium and protein, I'm delicious and best enjoyed on a hot day. *What am I?*
Answer: Ice Cream

Q:

What do you call a cow that plays an instrument?

A: A MOOSICIAN!

Q:

Why did yogurt visit the art gallery?

A: It wanted to get cultured!

Q:

What did the mama cow say to the baby cow?

A: It's pasture bedtime!

Q:

What dance do cheeses do on Halloween?

A: The Muenster mash!

FRESH
FUNNIES

