



FRASER HIGH SCHOOL

November 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: Ham & Cheese Breakfast 2 Flatbread & Blueberry Yogurt Parfait Test Kitchen: BBQ Platter Deli: Tuna Salad Platter Pizza: White Pizza w/ Sausage Vegetable: Tater Tots	No School 3 Election Day	BKFST: Glazed Cinnamon Roll & Banana Split Parfait 4 Test Kitchen: BBQ Platter Deli: Buffalo Chicken Salad Pizza: Cheeseburger Pizza Vegetable: Peas & Carrots Blend	BKFST: Chicken & Cheese Biscuit & Blueberry Yogurt Parfait 5 Test Kitchen: BBQ Platter Deli: Fruit & Cheese Plate Pizza: BBQ Chicken Pizza w/ Sriracha Glazed Crush Vegetable: Sweet Golden Corn	BKFST: Mixed Berry Scone & Strawberry Yogurt Parfait 6 Test Kitchen: BBQ Platter Deli: Make Your Pepperoni Pizza Bagel Pizza: Mexican Pizza Vegetable: Roasted Baby Carrots
BKFST: Mini Strawberry Cream Cheese Bagels & Blueberry Yogurt Parfait 9 Test Kitchen: Asian Noodle Bowl Deli: Fruit & Cheese Plate Pizza: Pepperoni Calzone w/ Pizza Ranch – NOW SERVED ALL WEEK! Vegetable: Steamed Broccoli	BKFST: Chicken Snack Wrap & Strawberry Yogurt Parfait 10 Test Kitchen: Asian Noodle Bowl Deli: Turkey BaBoom Sub Pizza: Pepperoni Calzone w/ Pizza Ranch Vegetable: Roasted Cauliflower	BKFST: Cheesy Breakfast Taco & Peach Yogurt Parfait 11 Test Kitchen: Asian Noodle Bowl Deli: Make Your Own Pepperoni Pizza Bagel Pizza: Pepperoni Calzone w/ Pizza Ranch Vegetable: Red Pepper Strips	BKFST: Turkey Pancake Wrap & Blueberry Yogurt Parfait 12 Test Kitchen: Asian Noodle Bowl Deli: Turkey Chef Salad Pizza: Pepperoni Calzone w/ Pizza Ranch Vegetable: Rainbow Vegetable Blend	BKFST: Mini Maple Pancakes & Strawberry Yogurt Parfait 13 Test Kitchen: Asian Noodle Bowl Deli: Diced Chicken & Cheese Salad Pizza: Pepperoni Calzone w/ Pizza Ranch Vegetable: Roasted Baby Carrots
BKFST: Egg & Cheese Croissant 16 & Blueberry Yogurt Parfait Test Kitchen: Breakfast for Lunch Deli: Tuna Salad w/ Carrots & Celery Pizza: Taco Pizza Vegetable: Waffle Fries	BKFST: Breakfast Burrito & Strawberry Yogurt Parfait 17 Test Kitchen: Breakfast for Lunch Deli: Breaded Buffalo Chicken Salad Pizza: Greek Chicken Pizza Vegetable: Sweet Potato Fries	BKFST: French Toast Sticks & Peach Yogurt Parfait 18 Early Release – No Lunch	BKFST: Chocolate Filled Crescent & Blueberry Yogurt Parfait 19 Test Kitchen: Breakfast for Lunch Deli: Santa Fe Turkey Wrap Pizza: Fully Loaded Pizza Vegetable: Roasted Baby Carrots	BKFST: Mini Pancake Sausage Bites & Strawberry Yogurt Parfait 20 Test Kitchen: Breakfast for Lunch Deli: Vegetable Greek Salad Pizza: Chili Lime & Beef Pizza Vegetable: Red Pepper Strips
BKFST: Chicken & Cheese English Muffin & Blueberry Yogurt Parfait 23 Test Kitchen: Popcorn Chicken Bowl Deli: Ham Chef Salad Pizza: Greek Pizza Vegetable: Buttered Broccoli	BKFST: Glazed Cinnamon Roll & Strawberry Yogurt Parfait 24 Test Kitchen: Roast Turkey w/ Gravy & Dinner Roll Deli: Crispy Chicken Caesar Salad Pizza: Cheeseburger Pizza Vegetable: Mashed Potatoes	No School 25 Thanksgiving Break	No School 26 Thanksgiving Break	No School 27 Thanksgiving Break
BKFST: Turkey Pancake Wrap & Blueberry Yogurt Parfait 30 Test Kitchen: Pasta Bar Deli: Beef Nacho Salad Pizza: Southwest Chicken Pizza w/ Black Beans & Corn Vegetable: French Fries				