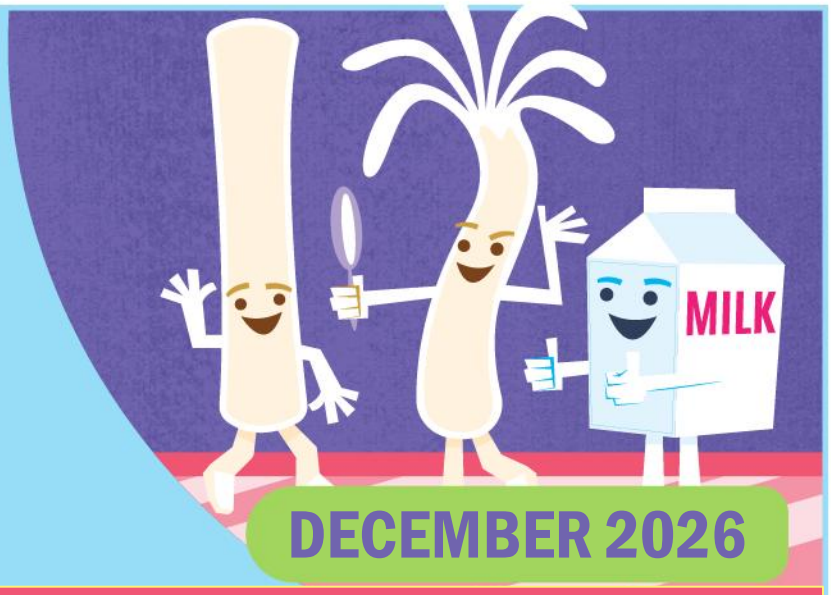
aramark STUDENT NUTRITION

Public Schools FRASER INNOVATE·LEARN·LEAD

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.



DECEMBER 2026

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
	1 Strawberry Pop-Tart & Yogurt Cup Cherry Craisins & 100% Fruit Juice A. Chicken Tenders w/ Fresh Baked Breadstick B. Pretzel, Yogurt & Cheese Pack Steamed Broccoli	2 French Toast BeneFIT Bar Applesauce Cup & 100% Fruit Juice A. Domino's Cheese Pizza B. Popcorn Chicken Salad w/ Dinner Roll French Fries	3 Chocolate Muffin Peach Cup & 100% Fruit Juice No Lunch Half Day	4 Mini Cinnis Cinnamon Rolls Fresh Banana & 100% Fruit Juice No Lunch Half Day
7 Cereal Bowl & Tiger Bites Apple Slices & 100% Fruit Juice A. Mini Trix French Toast w/ Turkey Sausage Patties B. Turkey & Cheese Sandwich Tater Tots Chocolate Chip Cookie National Cookie Day!	8 Cereal Bar & String Cheese Fresh Pear & 100% Fruit Juice A. Pizza Waffalaco B. Cheesy Romaine Salad w/ Dinner Roll Sliced Carrots	9 Cinnamon Raisin Bagel w/ Cream Cheese Applesauce Cup & 100% Fruit Juice A. Cheeseburger Soup & Cheddar Breadsticks B. Apple, Yogurt & Cheese Plate w/ Dinner Roll Peas & Carrots Limited Time Menu Option!	10 Apple Frudel Strawberry Craisins & 100% Fruit Juice A. Chicken Dumplings w/ Egg Fried Rice B. Popcorn Chicken Salad w/ Dinner Roll Sweet Golden Corn	11 Banana Chocolate Chunk BeneFIT Bar Fresh Banana & 100% Fruit Juice A. Domino's Cheese Pizza B. Italian Salad w/ Dinner Roll Peas & Carrots
14 Cereal Bowl & Scooby Crackers Apple Slices & 100% Fruit Juice A. Bosco Cheese Sticks w/ Marinara Sauce B. Turkey & Cheese Sub Green Beans	15 Pumpkin Bread Slice Diced Peaches & 100% Fruit Juice A. Popcorn Chicken Bowl w/ Dinner Roll B. Turkey Chef Salad w/ Dinner Roll Steamed Broccoli	16 Nutri-Grain Bar & Cheese Cubes Applesauce Cup & 100% Fruit Juice A. Beef Nachos B. Pretzel, Yogurt & Cheese Pack Refried Beans	17 Mini Strawberry Cream Cheese Bagels Raisins & 100% Fruit Juice A. Roast Turkey w/ Gravy & Dinner Roll B. Make Your Own Pepperoni Pizza Flatbread Mashed Sweet Potatoes Holiday Meal!	18 EGGO Cinnamon Bun Crackers Fresh Banana & 100% Fruit Juice A. Domino's Cheese Pizza B. Apple, Yogurt & Cheese Plate Rainbow Vegetable Blend
21 No School Winter Break	22 No School Winter Break	23 No School Winter Break	24 No School Winter Break	25 No School Winter Break
28 No School Winter Break	29 No School Winter Break	30 No School Winter Break	31 No School Winter Break	

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*No duplicates on cereal or yogurt. BIC Schools have daily cereal option.

DELICIOUS DAIRY

REFRESHING AND GOOD FOR YOU!

Dairy and cheese provide essential nutrients for growth—like calcium, protein, and Vitamin D—which build strong bones, teeth, and muscles. Dairy supports immune health, aids brain development, and offers a convenient, nutrient-dense snack option. Delicious dairy every day helps kids grow strong!



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CHEESY BROCCOLI SNACK BITES

INGREDIENTS:

- 2 cups chopped broccoli
- 1 cup bread crumbs
- 4 large eggs, lightly beaten
- 1 cup Cheddar cheese, shredded
- 1 cup Mozzarella cheese, shredded
- 4 slices bacon, cooked and chopped
- 1 teaspoon sea salt
- ½ teaspoon garlic powder
- ¼ teaspoon pepper

*DO NOT chop or cook without adult supervision.

INSTRUCTIONS:

1. Preheat oven to 350°F.
2. Microwave chopped broccoli for 2-3 minutes.
3. In a large bowl, mix all ingredients until bread crumbs have absorbed the egg mixture.
4. Use a spoon to scoop the mixture and roll into a ball, then place on a baking sheet lined with parchment.
5. Gently press each ball down to flatten slightly.
6. Bake for 20-25 minutes or until golden brown. Enjoy!

DAIRY SOUND OFF

Memorize with Sound and Motions

Purpose:

- Memory- and Rhythm-Based Learning

How to Play:

- Leader says a dairy food and makes a sound or action.

Examples:

- Milk → "Glug glug"
- Cheese → "Say cheese!"
- Yogurt → Stirring motion

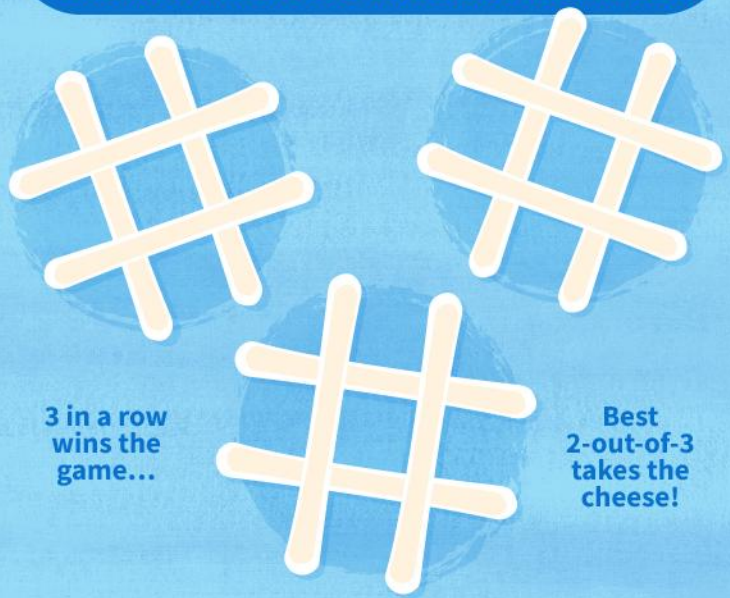
Students repeat the sound/action in order. Connect a benefit to each food (ex.: "Glug glug, strong bones!"). Add more foods to build a sequence.

DAIRY RIDDLES FOR KIDS

1. I'm cold, white, and help bones grow strong. *What am I?*
   Answer: Milk
2. I'm creamy and good for your tummy. *What am I?*
   Answer: Yogurt
3. I'm skimmed from the top of milk and am used as the base for many sweet treats. *What am I?*
   Answer: Cream

STRING CHEESE CHALLENGE

Who'll take the cheese? Grab a friend to find out!



3 in a row wins the game...

Best 2-out-of-3 takes the cheese!

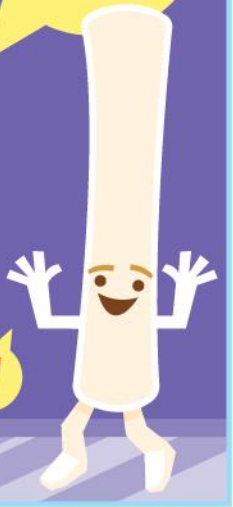
FRESH FUNNIES

Q: Why did the cheese get promoted?
A: It was GRATE at its job!

Q: What is the smartest cheese?
A: Cheese whiz!

Q: What is a basketball player's favorite kind of cheese?
A: SWISH cheese!

Q: How do you compliment a well-dressed block of cheddar?
A: Tell him he looks sharp!



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