December 2026-Fridley High School Breakfast

FRIDLEY PUBLIC SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Benefit Bar Breakfast Burrito Assorted Cereal Assorted Fruit Milk Choice	1 Assorted Mini Cinni Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	2 Assorted Puffy Cakes PBJ Assorted Cereal Assorted Fruit Milk Choice	3 Nature Valley Rounds Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	4 Assorted Breads PBJ Assorted Cereal Assorted Fruit Milk Choice
7 Assorted Muffins Breakfast Egg Roll Assorted Cereal Assorted Fruit Milk Choice	8 French Toast Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	9 Mini Powdered Donuts PBJ Assorted Cereal Assorted Fruit Milk Choice	10 Assorted Bread Slices Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	11 Cooks Choice PBJ Assorted Cereal Assorted Fruit Milk Choice
14 Brekkie Egg Hashbrown Riser Assorted Cereal Assorted Fruit Milk Choice	15 Apple or Cherry Frudel Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	16 Snack N Waffles PBJ Assorted Cereal Assorted Fruit Milk Choice	17 Assorted Pancakes Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	18 Pull Apart Donuts PBJ Assorted Cereal Assorted Fruit Milk Choice
21 Benefit Bar Breakfast Burrito Assorted Cereal Assorted Fruit Milk Choice	22 Assorted Breads Breakfast Smoothie Assorted Cereal Assorted Fruit Milk Choice	23 No School	24 No School	25 No School
28 No School	29 No School	30 No School	31 No School	1 No School

This institution is an equal opportunity provider. Due to supply chain issues, menu is subject to change based on availability. Please see online interactive menu for most up to date menu information. Limited quantities of alternate options are available.

FRIDLEY FRESH
fridley public schools nutrition services

December 2026-Fridley High School Lunch

FRIDLEY PUBLIC SCHOOLS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 **Main:** General Tso Chicken Rice & Sweet Chili Chips Roasted Chili Edamame Assorted Fruit & Veg **Growler Grill:** Hamburger or Cheeseburger on Bun **Grains & Greens:** Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap	1 **Main:** Kick N Chicken Mashed Potatoes & Gravy Corn, Biscuit Assorted Fruit & Veg **Growler Grill:** Regular or Spicy Chicken Patty on Bun **Grains & Greens**: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	2 **Main:** Mongolian Beef Rice & Egg Roll Sesame Green Beans Assorted Fruit & Veg **Growler Grill:** Hot Dog on Bun with Doritos **Grains & Greens:** Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub Asian Salad	3 **Main:** Chicken Alfredo Penne Pasta, Breadstick Spinach Salad Assorted Fruit & Veg **Growler Grill:** Pizza **Grains & Greens**: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub Sante Fe Salad	4 **Main:** Homemade Pizza Lettuce Salad Assorted Fruit & Veg **Growler Grill:** Cooks Choice **Grains & Greens:** Fruit & Yogurt Parfait , PBJ, Turkey Pesto Sub, Mexican Wrap
7 **Main:** Hamburger or Cheeseburger on Bun Potato Wedges Assorted Fruit & Veg **Growler Grill:** Pizza **Grains & Greens:** Fruit & Yogurt Parfait, PBJ Box, Italian Sub, Parmesan Garlic Chicken Wrap	8 **Main:** Enchilada Bake Tostito Chips Elote Corn Assorted Fruit & Veg **Growler Grill:** Regular or Spicy Chicken Patty on Bun **Grains & Greens**: Fruit & Yogurt Parfait, PBJ Box, Taco Salad, Honey Mustard Ham Sub	9 **Main:** Honey Sriracha Chicken with Rice Sweet Chili Doritos Roasted Chili Edamame Assorted Fruit & Veg **Growler Grill:** Pizza Crunchers w/Marinara **Grains & Greens:** Fruit & Yogurt Parfait, PBJ Box, Chipotle Sub, Asian Salad	10 **Main:** Mac & Cheese Chicken Nuggets Roasted Broccoli Assorted Fruit & Veg **Growler Grill:** Hamburger or Cheeseburger on Bun **Grains & Greens**: Fruit & Yogurt Parfait, PBJ Box, Teriyaki Chicken Sub Sante Fe Salad	11 **Main:** Pizza Honey Roasted Carrots Assorted Fruit & Veg **Growler Grill:** Cooks Choice **Grains & Greens**: Fruit & Yogurt Parfait, PBJ Box, Turkey Pesto Sub, Mexican Wrap

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