


RALLY CAFE

FRASER HIGH SCHOOL December 2024

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.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BKFST: Banana Bread Slice & Blueberry Yogurt Parfait Test Kitchen: Mac n' Cheese Mix Up Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Chicken, Black Bean & Corn Pizza Vegetable: Waffle Fries 2	BKFST: Country Chicken Biscuit & Strawberry Yogurt Parfait Test Kitchen: Mac n' Cheese Mix Up Grab n' Go: Vegetable & Provolone Mediterranean Wrap Pizza: Meatball Pizza Vegetable: Roasted Carrots 3	BKFST: Strawberry Apple Smoothie & Peach Yogurt Parfait Test Kitchen: Mac n' Cheese Mix Up Grab n' Go: Turkey Ham & Cheese Sub Pizza: Buffalo Blue Chicken Pizza Vegetable: Kickin' Pinto Beans 4	BKFST: Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait Test Kitchen: Mac n' Cheese Mix Up Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Hawaiian Pizza Vegetable: Rainbow Vegetable Blend 5	BKFST: Vanilla Glazed Donut & Strawberry Yogurt Parfait Test Kitchen: Mac n' Cheese Mix Up Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Veggie Pizza Vegetable: Steamed Broccoli 6
BKFST: Cinnamon Biscuit & Blueberry Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: White Pizza w/ Chicken Sausage Vegetable: Mashed Potatoes w/ Gravy 9	BKFST: Breakfast Pizza & Strawberry Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: Asian Chicken Wrap Pizza: Sweet & Spicy Turkey Ham Pizza Vegetable: Sweet Golden Corn 10	BKFST: Glazed Cinnamon Roll & Peach Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Cheeseburger Pizza Vegetable: Edamame 11	BKFST: Egg, Cheese & Bacon Breakfast Maple Flatbread & Blueberry Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: BBQ Chicken Sriracha Glazed Pizza Vegetable: Green Beans 12	BKFST: Mixed Berry Scone & Strawberry Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Jerk Chicken Pizza Vegetable: Sliced Carrots 13
BKFST: Mini Confetti Pancakes & Blueberry Yogurt Parfait Test Kitchen: Baked Potato Bar with Assorted Toppings Grab n' Go: Italian Sub Pizza: Veggie Pesto Pizza Vegetable: Sweet Golden Corn 16	BKFST: Chicken Snack Wraps & Strawberry Yogurt Parfait Test Kitchen: Pineapple Glazed Turkey Ham & Dinner Roll Grab n' Go: Turkey & Cheese BaBoom Sub Pizza: Spicy Chicken Sausage Pizza Vegetable: Mixed Veggies 17	BKFST: Cheesy Turkey Sausage, Egg & Tater Tot Taco & Peach Yogurt Parfait No Lunch – Half Day 18	BKFST: Mini Turkey Maple Pancake Bites & Blueberry Yogurt Parfait No Lunch – Half Day 19	BKFST: Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait No Lunch – Half Day 20
No School Winter Break 23	No School Winter Break  24	No School Winter Break 25	No School Winter Break 26	No School Winter Break 27
No School Winter Break 30	No School Winter Break 31	