

# RALLY CAFE

# FRASER HIGH SCHOOL January 2025

## 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
		No School Winter Break 1	No School Winter Break 2	No School Winter Break 3
<b>BKFST:</b> Banana Bread Slice & Blueberry Yogurt Parfait <b>Test Kitchen:</b> Mac n' Cheese Mix Up <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Chicken, Black Bean & Corn Pizza <b>Vegetable:</b> Waffle Fries 6	<b>BKFST:</b> Country Chicken Biscuit & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Mac n' Cheese Mix Up <b>Grab n' Go:</b> Vegetable & Provolone Mediterranean Wrap <b>Pizza:</b> Meatball Pizza <b>Vegetable:</b> Roasted Carrots 7	<b>BKFST:</b> Strawberry Apple Smoothie & Peach Yogurt Parfait <b>Test Kitchen:</b> Mac n' Cheese Mix Up <b>Grab n' Go:</b> Turkey Ham & Cheese Sub <b>Pizza:</b> Buffalo Blue Chicken Pizza <b>Vegetable:</b> Kickin' Pinto Beans 8	<b>BKFST:</b> Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait <b>Test Kitchen:</b> Mac n' Cheese Mix Up <b>Grab n' Go:</b> Make Your Own Pepperoni Pizza Bagel <b>Pizza:</b> Hawaiian Pizza <b>Vegetable:</b> Rainbow Vegetable Blend 9	<b>BKFST:</b> Vanilla Glazed Donut & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Spaghetti with Meatballs & Breadstick <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Veggie Pizza <b>Vegetable:</b> Steamed Broccoli 10
<b>BKFST:</b> Cinnamon Biscuit & Blueberry Yogurt Parfait <b>Test Kitchen:</b> Tossed Chicken <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> White Pizza w/ Chicken Sausage <b>Vegetable:</b> Mashed Potatoes w/ Gravy 13	<b>BKFST:</b> Breakfast Pizza & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Tossed Chicken <b>Grab n' Go:</b> Asian Chicken Wrap <b>Pizza:</b> Sweet & Spicy Turkey Ham Pizza <b>Vegetable:</b> Sweet Golden Corn 14	<b>BKFST:</b> Glazed Cinnamon Roll & Peach Yogurt Parfait <b>Test Kitchen:</b> Tossed Chicken <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Cheeseburger Pizza <b>Vegetable:</b> Edamame 15	<b>BKFST:</b> Egg, Cheese & Bacon Breakfast Maple Flatbread & Blueberry Yogurt Parfait <b>Test Kitchen:</b> Tossed Chicken <b>Grab n' Go:</b> Make Your Own Pepperoni Pizza Bagel <b>Pizza:</b> BBQ Chicken Sriracha Glazed Pizza <b>Vegetable:</b> Green Beans 16	<b>BKFST:</b> Mixed Berry Scone & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Tossed Chicken <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Beef Mexican Pizza <b>Vegetable:</b> Sliced Carrots 17
No School MLK Jr. Day 20	<b>BKFST:</b> Chicken Snack Wraps & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Asian Noodle Bowl <b>Grab n' Go:</b> Turkey & Cheese BaBoom Sub <b>Pizza:</b> Spicy Chicken Sausage Pizza <b>Vegetable:</b> Mixed Veggies 21	<b>BKFST:</b> Cheesy Turkey Sausage, Egg & Tater Tot Taco & Peach Yogurt Parfait <b>Test Kitchen:</b> Asian Noodle Bowl <b>Grab n' Go:</b> White Bean, Feta & Cucumber Wrap w/ Tzatziki Sauce <b>Pizza:</b> Meat Lover's Pizza <b>Vegetable:</b> Steamed Broccoli 22	<b>BKFST:</b> Mini Turkey Maple Pancake Bites & Blueberry Yogurt Parfait <b>Test Kitchen:</b> Street Corn Chowder <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Hawaiian Pizza <b>Vegetable:</b> Sliced Carrots 23	<b>BKFST:</b> Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Asian Noodle Bowl <b>Grab n' Go:</b> Tuna Salad Sandwich <b>Pizza:</b> Chicken & Pepper Popper Pizza <b>Vegetable:</b> Rainbow Vegetable Blend 24
<b>BKFST:</b> Blueberry Bread Slice & Blueberry Yogurt Parfait <b>Test Kitchen:</b> Bosco Cheese Sticks & Marinara Sauce <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Taco Pizza <b>Vegetable:</b> Green Beans 27	<b>BKFST:</b> French Toast Sticks & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Popcorn Chicken Bowl <b>Grab n' Go:</b> Make Your Own Pepperoni Pizza Bagel <b>Pizza:</b> Greek Chicken Pizza <b>Vegetable:</b> Roasted Baby Carrots 28	<b>BKFST:</b> Turkey Sausage, Egg & Cheese Breakfast Burrito & Peach Yogurt Parfait <b>No Lunch – Early Release</b> 29	<b>BKFST:</b> Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait <b>Test Kitchen:</b> General Tso Chicken & Rice <b>Grab n' Go:</b> PBJ Bagel w/ Cheese Stick <b>Pizza:</b> Fully Loaded Pizza <b>Vegetable:</b> Roasted Baby Carrots 30	<b>BKFST:</b> Mini Chicken Sausage Pancake Bites & Strawberry Yogurt Parfait <b>Test Kitchen:</b> Mini Corn Dogs with Macaroni & Cheese <b>Grab n' Go:</b> Italian Style Wrap <b>Pizza:</b> Chili Lime & Beef Pizza <b>Vegetable:</b> Steamed Broccoli 31

