

RALLY CAFE

FRASER HIGH SCHOOL November 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: 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
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	No School Election Day	BKFST: Glazed Cinnamon Roll & Peach Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Cheeseburger Pizza Vegetable: Edamame	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 Crust Pizza Vegetable: Green Beans	BKFST: Mixed Berry Scone & Strawberry Yogurt Parfait Test Kitchen: Tossed Chicken Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Beef Mexican Pizza Vegetable: Sliced Carrots
BKFST: Mini Confetti Pancakes & Blueberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Grab n' Go: Italian Sub Pizza: Veggie Pesto Pizza Vegetable: Sweet Golden Corn	BKFST: Chicken Snack Wraps & Strawberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Grab n' Go: Turkey & Cheese BaBoom Sub Pizza: Spicy Chicken Sausage Pizza Vegetable: Mixed Veggies	BKFST: Cheesy Turkey Sausage, Egg & Tater Tot Taco & Peach Yogurt Parfait Test Kitchen: Asian Noodle Bowl Grab n' Go: White Bean, Feta & Cucumber Wrap w/ Tzatziki Sauce Pizza: Meat Lover's Pizza Vegetable: Steamed Broccoli	BKFST: Mini Turkey Maple Pancake Bites & Blueberry Yogurt Parfait Test Kitchen: Fall Brunch Plate Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Hawaiian Pizza Vegetable: Warm Cinnamon Apples	BKFST: Turkey Sausage, Egg & Cheese Bagel & Strawberry Yogurt Parfait Test Kitchen: Asian Noodle Bowl Grab n' Go: Tuna Salad Sandwich Pizza: Chicken & Pepper Popper Pizza Vegetable: Rainbow Vegetable Blend
BKFST: Blueberry Bread Slice & Blueberry Yogurt Parfait Test Kitchen: Bosco Cheese Sticks & Marinara Sauce Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Taco Pizza Vegetable: Green Beans	BKFST: French Toast Sticks & Strawberry Yogurt Parfait Test Kitchen: Popcorn Chicken Bowl Grab n' Go: Make Your Own Pepperoni Pizza Bagel Pizza: Greek Chicken Pizza Vegetable: Roasted Baby Carrots	BKFST: Turkey Sausage, Egg & Cheese Breakfast Burrito & Peach Yogurt Parfait Test Kitchen: Korean Meatballs with Rice Grab n' Go: Santa Fe Turkey Wrap Pizza: Buffalo Roasted Cauliflower & Chicken Pizza Vegetable: Roasted Baby Carrots	BKFST: Three Cheese Mexi Breakfast Maple Flatbread & Blueberry Yogurt Parfait Test Kitchen: Fish Tacos w/ Creamy Sriracha Coleslaw Grab n' Go: PBJ Bagel w/ Cheese Stick Pizza: Fully Loaded Pizza Vegetable: Roasted Baby Carrots	BKFST: Mini Chicken Sausage Pancake Bites & Strawberry Yogurt Parfait Test Kitchen: Cheesy Chorizo Enchilada Baked Grab n' Go: Italian Style Wrap Pizza: Chili Lime & Beef Pizza Vegetable: Steamed Broccoli
BKFST: Egg Bagel & Blueberry Yogurt Parfait Test Kitchen: Bosco Cheese Sticks with Marinara Sauce Grab n' Go: Chicken, Garbanzo & Feta Wrap Pizza: Vegetarian Greek Pizza Vegetable: Steamed Broccoli	BKFST: Bosco Cheese Stick & Strawberry Yogurt Parfait Test Kitchen: Roasted Turkey w/ Gravy & Dinner Roll Grab n' Go: Curry Apple Chicken Salad Sub Pizza: Cheeseburger Pizza Vegetable: Mashed Potatoes	No School Thanksgiving Break	No School Thanksgiving Break	No School Thanksgiving Break

