


Frasier Menu Fall 2022

We continue to experience supply chain issues that may influence menu changes. Menu changes may not be updated online as they occur. We will work to substitute a like item to the best of our ability. **Allergy Notice:** ECLC is the only facility where nuts are not served. Other schools are “nut-aware”, indicating we take special care to prevent cross-contamination.

Students that require special diet accommodations must have documentation signed by a medical provider on file with the School Nutrition Department in order for the nutrition department to support them properly. Please access the nutrition section of the CSD website for the proper paperwork. *Please do not self-select menu items for students that need special consideration without speaking with Monique Breedlove, Nutrition Supervisor, at mbreedlove@csdecatur.net.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF: AUGUST 29 SEPTEMBER 26 OCTOBER 17 NOVEMBER 7 DECEMBER 5</p>	<p><u>BREAKFAST</u> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Cheese Ravioli Seasoned Green Beans Diced Pears Choice of Milk</p>	<p><u>BREAKFAST</u> Yogurt with Graham Crackers or Assorted Cereal w/Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Chicken Alfredo Steamed Broccoli Sliced Peaches Choice of Milk</p>	<p><u>BREAKFAST</u> Sausage Biscuit Or Assorted Cereal w/ Toast Diced Pears Choice of Milk</p> <p><u>LUNCH</u> Crispy Chicken Filet Sandwich Seasoned Cooked Carrots Tropical Mixed Fruit Choice of Milk</p>	<p><u>BREAKFAST</u> WG Muffin Or Assorted Cereal w/ Toast Applesauce Choice of Milk</p> <p><u>LUNCH</u> Soft Chicken Tacos Lettuce, Tomato, & Salsa Sour Cream & Guacamole Seasoned Black Beans Pineapple Tidbits Choice of Milk</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Fish Nugget’s with Mac & Cheese Oven Fries Fruit Selection Choice of Milk</p>

V- Vegetarian

Each student may select 1 fruit, 1 vegetable, & a milk to receive a complete meal. **All students may decline any of the items offered including the milk.

This institution is an equal opportunity provider.

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<p>WEEK OF:</p> <p>SEPTEMBER 6 OCTOBER 3 OCTOBER 24 NOVEMBER 14 DECEMBER 12</p>	<p><u>BREAKFAST</u> French Toast Sticks or Assorted Cereal w/ Toast Pineapple Tidbits Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Buttered Coin Carrots Mandarin Oranges Choice of Milk</p>	<p><u>BREAKFAST</u> WG Muffin Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Chicken Nuggets w/ Dip WG Breadstick Steamed Broccoli Sliced Peaches Choice of Milk</p>	<p><u>BREAKFAST</u> Pancakes w/ Syrup Or Assorted Cereal w/ Toast Diced Pears Choice of Milk</p> <p><u>LUNCH</u> Turkey Roll Ups Sweet Potato Fries Tropical Mixed Fruit Choice of Milk</p>	<p><u>BREAKFAST</u> Chicken Biscuit Or Assorted Cereal w/ Toast Applesauce Choice of Milk</p> <p><u>LUNCH</u> Soft Beef Tacos Lettuce & Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk</p>	<p><u>BREAKFAST</u> Cinnamon Roll Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Beanie Weenies Ranch Potato Wedges Apple Slices Choice of Milk</p>
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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>WEEK OF:</p> <p>September 12 OCTOBER 10 OCTOBER 31 NOVEMBER 28 DECEMBER 19</p>	<p><u>BREAKFAST</u> French Toast Sticks w/ Syrup Or Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Grilled Cheese Sandwich Red Skin Mashed Potatoes Diced Pears Choice of Milk</p>	<p><u>BREAKFAST</u> Yogurt Cup and Graham Crackers Assorted Cereal w/ Toast Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Spaghetti with Meat Sauce Steamed Broccoli Sliced Peaches Choice of Milk</p>	<p><u>BREAKFAST</u> Sausage Biscuit Or Assorted Cereal w/ Toast Diced Pears Choice of Milk</p> <p><u>LUNCH</u> Cheese Pizza Seasoned Cooked Carrots Tropical Mixed Fruit Choice of Milk</p>	<p><u>BREAKFAST</u> WG Muffin Or Assorted Cereal w/ Toast Applesauce Choice of Milk</p> <p><u>LUNCH</u> Soft Chicken Tacos Lettuce, and Tomato Seasoned Black Beans Pineapple Tidbits Choice of Milk</p>	<p><u>BREAKFAST</u> Oatmeal w/Brown Sugar Or Assorted Cereal w/ Toast Tropical Mixed Fruit Choice of Milk</p> <p><u>LUNCH</u> Sloppy Joe on WG Bun Oven Fries Assorted Fresh Fruit Choice of Milk</p>

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