

El Tejon Unified School District

Frazier Mountain High School

Menu Subject To Change

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 4 French Bread Pizza PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Broccoli Cranberry Sal Baby Carrots Fruit Station choice Choice of Milk	Feb - 5 Cheese Burger Lettuce and Tomato PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Crinkle French Fries Mayonnaise Mustard Ketchup Fruit Station choice Choice of Milk	Feb - 6 Chile & Chz Flauquito PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Celery Sticks Corn Fruit Station choice Choice of Milk	Feb - 7 Cheddar Cheese Enchilada PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Refried Beans Roasted Cauliflower Salsa Cup Fruit Station choice Choice of Milk	Feb - 8 4" Pepp Cheese Pizza PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Carrot & Apple Slaw Romaine and Cucumber Salad Fruit Station choice Choice of Milk
Feb - 11 Holiday-Lincolns Birthd	Feb - 12 Veg Bean & Chz Burrir PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Cucumber Tomato Sal Calif Blend Vegetables Fruit Station choice Choice of Milk	Feb - 13 Chicken Fajita Strips PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Pinto Beans Broccoli Cream Soup Spanish Brown Rice Salsa Cup Fruit Station choice Choice of Milk	Feb - 14 Valentine's Day Feast Chicken Tenders BBQ Sauce PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Crinkle French Fries Tomato Basil Mozzarell Fruit Station choice Choice of Milk	Feb - 15 Bobcat Lunchable PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Baby Carrots Celery Sticks Fruit Station choice Choice of Milk
Feb - 18 Holiday-Washington's	Feb - 19 Xtreme Bean and Cheese Burrito PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Mex Style Corn Romaine & Berry Sala Spanish Brown Rice Salsa Cup Fruit Station choice Choice of Milk	Feb - 20 Chefs Choice PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Romaine and Cucumber Salad Baked Beans Fruit Station choice Choice of Milk	Feb - 21 Mandarin Orange Chicken PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Brown Rice Stir Fry Vegetables Asian Celery Salad Fruit Station choice Choice of Milk	Feb - 22 BBQ Pork Rib Sandwic PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Cole Slaw Baby Carrots Fruit Station choice Choice of Milk
Feb - 25 Taco Nada Pocket PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Pinto Beans Corn Fruit Station choice Choice of Milk	Feb - 26 Chicken Salad Sandwi PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Romaine and Cucumber Salad Peas Fruit Station choice Choice of Milk	Feb - 27 Chefs Choice PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Romaine & Berry Sala Baby Carrots Fruit Station choice Choice of Milk	Feb - 28 Chicken, Roasted PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Green Beans Mashed Potatoes Fruit Station choice Choice of Milk Scooby Doo Graham S	Mar - 1 Bobcat Lunchable PB & J Jamwich FMHS Favorites Altern FMHS Vegetarian Alter Baby Carrots Romaine and Cucumber Salad Fruit Station choice Choice of Milk

This institution is an equal opportunity provider and employer.

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.