




FRAZIER SCHOOL DISTRICT
Inspire and Engage



ELEMENTARY
OCTOBER 2024



Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 7 BBO Rib Pattie on a Bun Potato Smiles Fruit & Vegetable Bar Milk Choice	1 Popcorn Chicken w/ Sauce & Dinner Roll Golden Tater Tots Fruit & Vegetable Bar Milk Choice	2 Hot Dog on Bun/Cheese Sauce Crispy French Fries Oven Baked Beans Fruit & Vegetable Bar Milk Choice	3 Salisbury Steak w/ Gravy/Dinner Roll Creamy Mashed Potatoes Fruit & Vegetable Bar Milk Choice	4 School Made Pizza w/ or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
14  Mini Corn Dogs Oven Baked Beans Smiley Potatoes Fruit & Vegetable Bar Milk Choice	8 Walking Taco: Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Milk Choice	9 Penne Pasta w/ Meat Sauce & Garlic Bread Stick Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	10 Tender Chicken Nuggets with Chocolate Tiger Bites Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	11 Italian Dunkers w/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
21 Grilled Cheese Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	15 Cheeseburger/Bun with Pickle Chips Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	16 Tostito Chips w/Seasoned Beef, Cheese & Salsa Carrot Coins Fruit & Vegetable Bar Milk Choice	17 French Toast Sticks w/Syrup with Sausage Patty Golden Tater Tots Fruit & Vegetable Bar Milk Choice	18 Creamy Macaroni & Cheese w/Muffin Top Seasoned Peas Fruit & Vegetable Bar Milk Choice
28  Boneless Chicken Wings Goldfish Cinnamon Grahams Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	22 <u>Walking Taco:</u> Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Milk Choice	23 Meatballs w/Marinara Sauce Garlic Bread Stick Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice	24 Chicken Smackers with Mini Loaf Hash Brown Patty Fruit & Vegetable Bar Milk Choice	25 School Made Pepperoni Pinwheel w/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
29 <u>Walking Taco:</u> Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Milk Choice	30  Dutch Waffle and Sausage Patty Crispy Tater Tots Fruit & Vegetable Bar Milk Choice	31 Penne Pasta w/ Meat Sauce Garlic Bread Stick Seasoned Baby Peas Fruit & Vegetable Bar Milk Choice	per 	

Menu Subject to Change

To qualify as a free lunch, students must take 3, 4, or 5 items, Meat/Meat Alternate, Grain/Bread, Vegetable, Fruit, Milk, of which 1 must be a fruit or vegetable. Students taking required meal components receive lunch at no cost, otherwise per regulations, ala carte prices are in effect. Smart Snacks available for purchase, from account or cash

Fruit & Vegetable Bar may include:

- Apples, Apple Slices,
- Oranges, Grapes, Bananas,
- Baby Carrots, Cucumber Slices, Celery Sticks & Beans
- Canned/Frozen Fruits can include:
- Applesauce, Mandarin Oranges
- Mixed Fruit, Peaches, Pears,
- Pineapple Tidbits

Frazier participates in CEP
 All Student meals are Free
 Adult Lunch: \$4.65
WHAT'S FOR LUNCH?


Alternates Entrée's this Week
 Cheeseburger on Bun
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week
 Chicken Patty on a Bun
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week
 Personal Pan Pizza
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week
 BBO Rib on a Bun
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week
 Chicken Nuggets w/Dinner Roll
 Chicken Patty on a Bun
 Yogurt Munchable

Students are offered low fat and non fat milk choices daily and is included with all meals