



FRAZIER SCHOOL DISTRICT
Inspire and Empower
HIGH SCHOOL
OCTOBER 2026



Lunch Menu

Frazier participates in CEP
All Student meals are Free
Adult Lunch: \$5.05



Daily Alternates may included
 Cheeseburger on a Bun
 Hamburger on a Bun
 Breaded Chicken Patty/Bun
 Spicy Chicken Patty/Bun
 Chef Salad w/Choice of Meat,
 Croutons & Dinner Roll
 Cold Wraps with Chips

Monday	Tuesday	Wednesday	Thursday	Friday
			1 General Tso Chicken Rice w/Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	2 Italian Dunkers w/Marinara Sauce Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice
5 BBQ Pulled Pork On Hoagie Roll Baked Beans & Tatar Tots Fruit & Vegetable Bar Milk Choice	6 "Walking Taco" Taco Meat, Cheese, Lettuce, Salsa & Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	7 Penne Pasta Meatsauce & Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	8 Chicken Tenders Dinner Roll Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	9 Pepperoni Pinwheel w/Pizza Sauce Mini Salad & Green Beans Fruit & Vegetable Bar Milk Choice
12  <i>Columbus Day</i>	13 Hot Ham & Cheese On Bun Potato Chips Fruit & Vegetable Bar Milk Choice	14 Texas Toast Grilled Cheese Tomato Soup Seasoned Carrots Fruit & Vegetable Bar Milk Choice	15 Swedish Meatballs over Noodles Seasoned Carrots Fruit & Vegetable Bar Milk Choice	16 Personal Pan Pizza Seasoned Peas Fruit & Vegetable Bar Milk Choice
19 Chicken Parmesan Sandwich Seasoned Mix Vegetables Fruit & Vegetable Bar Milk Choice	20 Breakfast for Lunch French Toast Sticks w/Syrup Sausage & Hashbrown Fruit & Vegetable Bar Milk Choice	21 Chicken Alfredo over Noodles Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	22 Smokehouse BBQ, Bacon Cheese Steak Burger Crispy French Fries Fruit & Vegetable Bar Milk Choice	23 Creamy Macaroni & Cheese w/Muffin Top Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
26 Mandarin Orange Chicken over Fried Rice & Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	27 Nacho Grande Taco Meat, Cheese Sauce, Salsa, Sr Cream & Refried Beans Fruit & Vegetable Bar Milk Choice	28 Philly Cheese Steak Sandwich w/Peppers & Onions Potato Smiles Fruit & Vegetable Bar Milk Choice	29 "Chicken & Waffle" Chicken Smackers w/ Waffle Golden Potato Rounds Fruit & Vegetable Bar Milk Choice	30 School Made Pizza w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice

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

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

Additional Choices of Fresh Fruits and Vegetables offered daily may include:

Apples, Apple Slices, Oranges, Grapes, Bananas, Seasonal Fruits, Baby Carrots, Cucumber Slices, Celery Sticks and Beans

Canned/Frozen Fruits can include:

Applesauce, Mandarin Oranges
 Mixed Fruit, Peaches, Pears,
 Pineapple Tidbits

Frazier is an equal opportunity provider

The Frazier School District Food Service
 Department needs Cafeteria Workers
 Applications available at the Administration Office

Food Service Manager
 Christie Mansberry
 724-736-9507 x431
cmansberry@fraziersd.org