



FRAZIER SCHOOL DISTRICT

Inspire and Empower

HIGH SCHOOL

OCTOBER 2025



Lunch Menu

Frazier participates in CEP

All Student meals are Free

Adult Lunch: \$4.85





Daily Alternates may include
 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

**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

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

Monday	Tuesday	Wednesday	Thursday	Friday
		1 General Tso' Chicken o/ Rice & Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	2 BBQ Bacon Cheeseburger Topping Bar Potato Smiles Fruit & Vegetable Bar Milk Choice	3 Italian Dunkers w/ Marinara Sauce Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
6 Baked Italian Hoagie w/ Topping Bar Potato Chips Fruit & Vegetable Bar Milk Choice	7 Walking Taco Salsa & Sour Cream Seasoned Corn & Churro Fruit & Vegetable Bar Milk Choice	8 Penne Pasta w/ Meatsauce Garlic Bread Stick Mini Salad & Green Beans Fruit & Vegetable Bar Milk Choice	9 Chicken Tenders with Soft Pretzel Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	10 School Made Pizza w/ or w/o Pepperoni Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice
13  <i>Columbus Day</i>	14 Nacho Grande w/ Salsa & Sour Cream Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	15 Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes/Corn Fruit & Vegetable Bar Milk Choice	16 French Toast Sticks Sausage Links Golden Tater Tots Fruit & Vegetable Bar Milk Choice	17 Pepperoni Pinwheel w/Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
20 Chicken Parmesan Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	21 Crunchy Tacos Taco Meat, Cheese & Salsa Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	22 Meatball Hoagie w/Mozzarella Cheese Crunchy Tater Tots Fruit & Vegetable Bar Milk Choice	23 Chicken Alfredo o/ Pasta & Bread Stick Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	24 School Made Pizza w/ or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
27 Mandarin Orange Chicken over Rice & Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	28 Philly Cheese Steak Sandwich w/Peppers &Onions Potato Smiles Fruit & Vegetable Bar Milk Choice	29 Texas Toast Grilled Cheese Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	30 Sweedish Meatballs Over Egg Noodles Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	31 Buffalo Chicken Dippers w/ Tostito Chips Seasoned Peas 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

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

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

Frazier is an equal opportunity provider