



**FRAZIER SCHOOL DISTRICT**  
*Inspire and Empower*  
**HIGH SCHOOL**



Lunch Menu

**Frazier participates in CEP**  
**All Student meals are Free**  
**Adult Lunch: \$4.65**



**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
	<b>1</b> Italian Hoagie Doritos  Fruit & Vegetable Bar Milk Choice	<b>2</b> Crazy Dipper Day Chic Tenders, Mozz Sticks, Bread Stick w Marinara & Hot Vegetable  Fruit & Vegetable Bar Milk Choice	<b>3</b> Chicken Alfrado over Penne Pasta Garlic Bread Stick & Broccoli  Fruit & Vegetable Bar Milk Choice	<b>4</b> School Made Pizza w/wo Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
<b>7</b> Wing Basket Boneless Dill Wings Crinkle Cut French Fries Fruit & Vegetable Bar Milk Choice	<b>8</b> Holiday Meal All The Fixins' Special Dessert Fruit & Vegetable Bar Milk Choice	<b>9</b> Double Dog Day w/o Cheese Sauce Baked Beans Fruit & Vegetable Bar Milk Choice	<b>10</b> Swedish Meatballs over Noodles Seasoned Carrots Fruit & Vegetable Bar Milk Choice	<b>11</b> Fish Filet on Bun Creamy Mac & Cheese Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice
<b>14</b> Orange Chicken of Rice, Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	<b>15</b> Smokehouse BBQ Bacon Cheese Steak Burger Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	<b>16</b> French Toast Sticks Sausage Links Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	<b>17</b>  <b>SPRING BREAK</b>	<b>18</b>  <b>SPRING BREAK</b>
<b>21</b> Buffalo Chicken Dippers w/ Tostito Chips Seasoned Peas Fruit & Vegetable Bar Milk Choice	<b>22</b> Walking Taco w/ Salsa & Sour Cream Fruit Churro & Buttered Corn Fruit & Vegetable Bar Milk Choice	<b>23</b> Grilled Cheese Sandwich Tomato Soup Seasoned Mixed Vegetable Fruit & Vegetable Bar Milk Choice	<b>24</b> Philly Cheesesteak Hoagie w/o Peppers & Onions Potato Smiles Fruit & Vegetable Bar Milk Choice	<b>25</b> School Made Pizza w/wo Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
<b>28</b> Pasta w/ Meatsauce Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	<b>29</b> Popcorn Chicken Bowl Mashed Potatoes w/ Gravy Seasoned Corn & Dinner Roll Fruit & Vegetable Bar Milk Choice	<b>30</b> Buffalo Chicken Grilled Panini Seasoned Carrots Fruit & Vegetable Bar Milk Choice		

**Additional Choices of Fresh Fruits  
and Vegetables offered daily may**

**include:**

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

**Canned/Frozen Fruits can include:**

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

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**

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@fraizersd.org