

# Frazier Middle School December 2023 Lunch Menu



Director of Food and Nutrition: Kelly Calderone

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 <p><b>Daily Choices May Include:</b>                      Grilled Chicken Patty Sandwich                      Cheeseburger or Hamburger                      Breaded Chicken Sandwich                      BBQ Rib on a Bun                      Spicy Chicken Patty Sandwich</p>	Monday	Tuesday	Wednesday	Thursday	Friday
					<b>December 1st</b> Pizza Steamed Corn Pineapple Tidbits Low/Non Fat Milk
	<b>December 4th</b> Macaroni and Cheese with Bread Slice Mixed Vegetables Apple Low/Non Fat Milk	<b>December 5th</b> Walking Taco with Bread Slice Green Beans Pineapple Tidbits Low/Non Fat Milk	<b>December 6th</b> Hot Ham and Cheese on Bun Steamed Carrots Applesauce Low/Non Fat Milk	<b>December 7th</b> Chicken Quesadilla Black Beans Peaches Low/Non Fat Milk	<b>December 8th</b> General Tso with Rice Steamed Broccoli Pears Low/Non Fat Milk
	<b>December 11th</b> Cream Chicken over Biscuit Mashed Potatoes with Gravy Mixed Fruit Low/Non Fat Milk	<b>December 12th</b> Fish Tacos Steamed Carrots Peaches Low/Non Fat Milk	<b>December 13th</b> Hot Dog on Bun Baked Beans Apple Low/Non Fat Milk	<b>December 14th</b> Holiday Meal Ham with Dinner Roll Au Gratin Potatoes Mandarin Oranges Low/Non Fat Milk Dessert	<b>December 15th</b> Taco Pizza Steamed Green Beans Applesauce Low/Non Fat Milk
	<b>December 18th</b> Turkey and Cheese Wrap Mixed Vegetables Pineapple Tidbits Low/Non Fat Milk	<b>December 19th</b> Beef Nachos with Bread Slice Sweet Peas Mixed Fruit Low/Non Fat Milk	<b>December 20th</b> BBQ Rib on Bun Steamed Carrots Applesauce Low/Non Fat Milk	<b>December 21st</b> Popcorn Chicken Bowl with Bread Slice Steamed Corn Peaches Low/Non Fat Milk	<b>December 22nd</b> Mini Corn Dogs Green Beans Pears Low/Non Fat Milk
 <p><b>If Pizza's available -may Include:</b>                      Pepperoni Pizza                      Cheese Pizza                      White Pizza</p>	<b>December 25th</b>  Christmas Holiday Break  No School	<b>December 26th</b>  Christmas Holiday Break  No School	<b>December 27th</b>  Christmas Holiday Break  No School	<b>December 28th</b>  Christmas Holiday Break  No School	<b>December 29th</b>  Christmas Holiday Break  No School



Whole Grains  
Available Daily



\*Must take at least one 1/2 cup of fruit or vegetable

\*Vegetable Bar  
May includes:

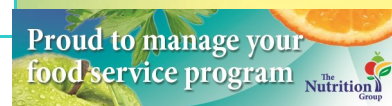
Broccoli Florets  
Baby Carrots  
Dark Leafy Greens  
Legume Salads  
Celery & Cucumber

\*Fruits may include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce



Milk Choices Offered Daily:  
1% white and non fat flavored



Lunch Prices: Paid \$2.45 Reduced FREE

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

**MENUS SUBJECT TO CHANGE**