



FRAZIER SCHOOL DISTRICT
Inspire and Empower
MIDDLE SCHOOL



Lunch Menu

Frazier participates in CEP
All Student meals are Free
Adult Lunch: \$4.85



Monday	Tuesday	Wednesday	Thursday	Friday
2 Happy Birthday Dr Seuss Hop on "Pop"corn Chicken Who Hashbrowns Fruit & Vegetable Bar Milk Choice	3 Cheeseburger on Bun or Hamburger on Bun Crispy French Fries Fruit & Vegetable Bar Milk Choice	4 Mini Corn Dogs Baked Beans Potato Smiles Fruit & Vegetable Bar Milk Choice	5 Hot Ham & Cheese Potato Chips Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	6 School Made Pizza w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
9 TEACHER IN SERVICE DAY	10 Sloppy Joe on Bun Crinkle Cut French Fries Fruit & Vegetable Bar Milk Choice	11 Meatballs w/ Marinara Sauce & Garlic Bread Stick Mixed Vegetables Fruit & Vegetable Bar Milk Choice	12 Pizza Crunchers w/ Marinara Sauce Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	13 Fish Sticks or Fish Filet on Bun Golden Tatar Tots Fruit & Vegetable Bar Milk Choice
16 Chicken Tenders w/ Dipping Sauce & Choc Chip Muffin Crinkle Cut French Fries Fruit & Vegetable Bar Milk Choice	17 Penne Pasta w/ Meatsauce Garlic Bread Stick Seasoned Peas Fruit & Vegetable Bar Milk Choice	18 Pulled Pork on Bun Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	19 Salsbury Streak Mashed Potato & Gravy Dinner Roll Fruit & Vegetable Bar Milk Choice	20 School Made Pizza w/o Pepperoni Seasoned Corn Fruit & Vegetable Bar Milk Choice
23 Mac & Cheese Corn Bread Mini Loaf Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	24 French Toast Sticks Sausage Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	25 Chicken Quesadilla Salsa & Sour Cream Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	26 Holiday Meal Ham, AuGratin Potatoes, Stuffing, Roll, Green Beans Fruit & Vegetable Bar Milk Choice	27 Fish Filet on Bun Crinkle Cut French Fries Coleslaw Fruit & Vegetable Bar Milk Choice
30 Mandarin Orange Chicken over Rice Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	31 Beef Nachos Tostito Chips & Cheese Sauce Seasoned Corn Fruit & Vegetable Bar Milk Choice	<p>"Don't give up! I believe in you all. A person's a person, no matter how small!" Dr. Seuss</p> <p><small>Source: http://theadbooker.com/?p=21102</small></p>		

Daily Alternates may included
 Cheeseburger on a Bun
 Hamburger on a Bun
 Breaded Chicken Patty/Bun
 Spicy Chicken Patty/Bun
 Chef Salad with Chicken
 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

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