



**FRAZIER SCHOOL DISTRICT**  
*Inspire and Empower*  
**MIDDLE SCHOOL**



**Lunch Menu**

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



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Happy New Year!</b>	<b>2</b>	<b>3</b>
<b>6</b> <b>Chicken Nuggets</b> Pretzel Rods Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	<b>7</b> <b>Hot Ham &amp; Cheese on Bun</b> Chips Seasoned Peas Fruit & Vegetable Bar Milk Choice	<b>8</b> <b>Chicken Quesadilla</b> w/ Salsa & Sour Cream Potato Smiles Fruit & Vegetable Bar Milk Choice	<b>9</b> <b>Salsbury Steak</b> Dinner Roll Mashed Potatos & Gravy Fruit & Vegetable Bar Milk Choice	<b>10</b> <b>School Made Pizza</b> w/o Pepperoni Mini Salad & Carrots Fruit & Vegetable Bar Milk Choice
<b>13</b> <b>General Tso's o/ Rice</b> Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	<b>14</b> <b>Chicken Soft Taco</b> Churro Refried Beans & Corn Fruit & Vegetable Bar Milk Choice	<b>15</b> <b>Fish Sticks</b> Golden Tatar Tots  Fruit & Vegetable Bar Milk Choice	<b>16</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Hashbrown Potato Fruit & Vegetable Bar Milk Choice	<b>17</b> <b>Pepperoni Stromboli</b> w/ Sauce Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
<b>20</b> <b>Martin Luther Jr. King Day</b>	<b>21</b> <b>Chicken Parm on Bun</b> Seasoned Carrots  Fruit & Vegetable Bar Milk Choice	<b>22</b> <b>French Toast Sticks</b> Sausage Patties Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	<b>23</b> <b>Mini Corn Dogs</b> Baked Beans  Fruit & Vegetable Bar Milk Choice	<b>24</b> <b>School Made Pizza</b> w/o Pepperoni Mini Salad & Corn Fruit & Vegetable Bar Milk Choice
<b>27</b> <b>Popcorn Chicken Bowl</b> Corn, Mashed Potatoes, Gravy Mini Loaf Fruit & Vegetable Bar Milk Choice	<b>28</b> <b>Mini Ravioli w/ Meatsauc</b> Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	<b>29</b> <b>Ham BBQ on Bun</b> Crinkle Cut French Fries  Fruit & Vegetable Bar Milk Choice	<b>30</b> <b>Mac &amp; Cheese</b> Mini Cornbread Loaf Seasoned Peas Fruit & Vegetable Bar Milk Choice	<b>31</b> <b>Pizza Crunchers</b> w/ Sauce Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice

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 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