



FRAZIER SCHOOL DISTRICT
Inspire and Empower
MIDDLE SCHOOL
OCTOBER 2026



Lunch Menu

Frazier participates in CEP
All Student meals are Free
Adult Lunch: \$5.05



Monday	Tuesday	Wednesday	Thursday	Friday
 5 BBQ Rib Pattie on Bun Potato Smiles Fruit & Vegetable Bar Milk Choice	6 Walking Taco: Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Milk Choice	7 Penne Pasta w/ Meat Sauce & Garlic Bread Stick Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	1 Salisbury Steak w. Gravy Dinner Roll Creamy Mashed Potatoes Fruit & Vegetable Bar Milk Choice	2 School Made Pizza w or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
12 Columbus Day	13 Cheeseburger on Bun with Pickle Chips Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	14 Nacho Grande Beef, Cheese, Salsa, Sr Cream & Carrots Fruit & Vegetable Bar Milk Choice	15 French Toast Sticks Sausage Links Golden Tater Tots Fruit & Vegetable Bar Milk Choice	16 Creamy Mac & Cheese w/Muffin Top Seasoned Peas Fruit & Vegetable Bar Milk Choice
19 Mini Corn Dogs Oven Baked Beans Smiley Potatoes Fruit & Vegetable Bar Milk Choice	20 Grilled Cheese Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	21 Meatballs w/Marinara Sauce & Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	22 Chicken Smackers with Mini Loaf Golden Hashbrown Fruit & Vegetable Bar Milk Choice	23 School Made Pepperoni Pinwheel W/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
26 General Tso' Chicken Rice Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	27 Hot Ham & Cheese on Bun Crispy Tater Tots Fruit & Vegetable Bar Milk Choice	28 Hot Dog on Bun/Cheese Sauce & Crispy French Fries Oven Baked Beans Fruit & Vegetable Bar Milk Choice	29 Cream Chicken o/ Biscuits Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	30 Pizza Crunchers w/ Pizza Dippin Sauce Seasoned Carrots 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, 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 Administration Office

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