



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



Lunch Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
1	2	3 Frazier will not be serving lunch on dates/days that menu items are not listed.	4	5
8	9 WG Chicken Tenders Breaded Mozzarella Sticks Seasoned Carrots Fresh Whole Apple Milk Choice	10	11 Double Cheeseburger on WG Bun w/Tatar Tots Seasoned Green Beans Pineapple Tidbits Milk Choice	12
15 WG Mini Corn Dogs Baked Beans Golden Hashbrowns Diced Peach Cup Milk Choice	16 Walking Taco w/ Lettuce, Cheese, Salsa, Sr Cream, Churro & Refried Beans Unsweetened Applesauce Milk Choice	17 Hot Dog on WG Bun w/o Cheese Sauce Potato Smiles Fresh Whole Apple Milk Choice	18 WG General Tso Chicken o/Rice Seasoned Broccoli Mandarine Oranges Milk Choice	19
22 Beef Nachos w/ WG Tostito Chips & Cheese Sauce, Seasoned Peas Diced Pears Milk Choice	23 WG Popcorn Chicken Bowl Mashed Potatoes w/ Gravy Buttered Corn Mixed Berry Applesauce Milk Choice	24 BBQ Rib on WG Bun Baked Beans Mandarine Oranges Dried Cherries Milk Choice	25 WG School Made Pizza w/o Pepperoni Seasoned Green Beans Fresh Whole Apple Milk Choice	26
29 Chicken Parmasian on WG Bun French Fries Watermelon Applesauce Milk Choice	30 WG Italian Dunkers W/ Marinara Sauce Seasoned Mixed Vegetables Pineapple Tidbits Milk Choice			

Daily Alternates may include  
 Cheeseburger on a Bun  
 Hamburger on a Bun  
 Breaded Chicken Patty/Bun  
 Spicy Chicken Patty/Bun  
 Cold Wraps w/ Chips

WG = Whole Grain  
 WW = Whole Wheat

**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.

flavored/unflavored 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](mailto:cmansberry@fraziersd.org)