

# Frazier Elementary School

## December 2023 Lunch Menu

Director of Food and Nutrition: Kelly Calderone

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724-736-9507 x431



### What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate  
Choice of Vegetable, Choice of Fruit\*  
Choice of Grain/Bread,  
and Choice of Milk

*\*Students must choose at least one fruit or vegetable*



### Fresh Fruits and Vegetables Offered Daily

\*Vegetables may include:

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

\*May choose two 1/2 cup servings

\*Fruits may include:

Crisp Apple  
Sliced Peaches  
Mixed Fruit  
Fresh Orange  
Banana  
Pineapple Tidbits  
Diced Pears  
Applesauce  
\*May choose 1/2 cup serving

**MENUS SUBJECT TO CHANGE**




### Milk Choices Offered Daily

Low Fat White and Non Fat Flavored

**Lunch Prices:**  
**Paid \$2.05**  
**Red. 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

| MONDAY   | TUESDAY  | WEDNESDAY   | THURSDAY  | FRIDAY  | Weekly Choices  |
|--|--|---|---|---|---|
|  |  |   |   | <b>December 1st</b><br>Pizza<br>Steamed Corn<br>Pineapple Tidbits<br>Low/Non Fat Milk         | Chicken Patty Sandwich  |
| <b>December 4th</b><br>Macaroni and Cheese with Sliced Bread<br>Mixed Vegetables<br>Apple<br>Low/Non Fat Milk        | <b>December 5th</b><br>Walking Taco with Bread Slice<br>Green Beans<br>Mixed Fruit<br>Low/Non Fat Milk | <b>December 6th</b><br>Hot Ham and Cheese on Bun<br>Steamed Carrots<br>Applesauce<br>Low/Non Fat Milk | <b>December 7th</b><br>Chicken Quesadilla<br>Black Beans<br>Peaches<br>Low/Non Fat Milk   | <b>December 8th</b><br>General Tso with Rice<br>Steamed Broccoli<br>Pears<br>Low/Non Fat Milk | Chicken Nuggets with Bread Slice  |
| <b>December 11th</b><br>Cream Chicken over Biscuits<br>Mashed Potatoes with Gravy<br>Mixed Fruit<br>Low/Non Fat Milk | <b>December 12th</b><br>Fish Tacos<br>Steamed Carrots<br>Peaches<br>Low/Non Fat Milk                   | <b>December 13th</b><br>Hot Dog on Bun<br>Baked Beans<br>Apple<br>Low/Non Fat Milk                    | <b>December 14th</b><br>Holiday Meal<br>Ham with Dinner Roll<br>Au Gratin Potatoes<br>Mandarin Oranges<br>Low/Non Fat Milk<br>Dessert | <b>December 15th</b><br>Taco Pizza<br>Steamed Green Beans<br>Applesauce<br>Low/Non Fat Milk   | Chicken Patty Sandwich  |
| <b>December 18th</b><br>Turkey and Cheese Wrap<br>Mixed Vegetables<br>Pineapple Tidbits<br>Low/Non Fat Milk          | <b>December 19th</b><br>Beef Nachos with Bread Slice<br>Sweet Peas<br>Mixed Fruit<br>Low/Non Fat Milk  | <b>December 20th</b><br>BBQ Rib on Bun<br>Steamed Carrots<br>Applesauce<br>Low/Non Fat Milk           | <b>December 21st</b><br>Popcorn Chicken Bowl with Bread Slice<br>Steamed Corn<br>Peaches<br>Low/Non Fat Milk                          | <b>December 22nd</b><br>Mini Corn Dogs<br>Green Beans<br>Pears<br>Low/Non Fat Milk            | Chicken Nuggets with Bread Slice  |
| <b>December 25th</b><br><br>Christmas Holiday Break<br><br>No School   | <b>December 26th</b><br><br>Christmas Holiday Break<br><br>No School                                   | <b>December 27th</b><br><br>Christmas Holiday Break<br><br>No School                                  | <b>December 28th</b><br><br>Christmas Holiday Break<br><br>No School  | <b>December 29th</b><br><br>Christmas Holiday Break<br><br>No School                          | Whole Grains Available Daily<br> |