



FRAZIER SCHOOL DISTRICT
Inspire and Empower
ELEMENTARY
NOVEMBER 2024



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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Fryz, Brd Cheese Stick, Brd Stick w/ Sauce Seasoned Mix Veggies Fruit & Vegetable Bar Milk Choice
4 Popcorn Chicken w/ Mini Loaf Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	5 Mini Ravoli w/ Meatsauce & Garlic Brd. Stick Buttered Corn Fruit & Vegetable Bar Milk Choice	6 Hot Dog on Bun w/o Cheese Sauce French Fries Fruit & Vegetable Bar Milk Choice	7 Salisbury Steak w/ Dinner Roll Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	8 School Made Pizza w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
11 	12 Chicken Nuggets w/ Tiger Bites Seasoned Carrots Fruit & Vegetable Bar Milk Choice	13 BBQ Rib on Bun Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	14 Walking Taco w/ Cheese, Lettuce & Salsa Refried Beans & Corn Fruit & Vegetable Bar Milk Choice	15 Mini Cheese Pizza Bagel Seasoned Peas Fruit & Vegetable Bar Milk Choice
18 Chicken Quesadilla w/ Salsa & Sour Cream Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	19 Meatballs w/ Marinara Garlic Brd Stick Seasoned Corn Fruit & Vegetable Bar Milk Choice	20 Hamburger on Bun w/o Cheese Sauce Baked Beans Fruit & Vegetable Bar Milk Choice	21 Holiday Meal w/ All The Fixins' Fruit & Vegetable Bar Milk Choice	22 Mini Corn Dogs Potato Smiles Fruit & Vegetable Bar Milk Choice
25 Mac & Cheese w/ Mini Cornbread Loaf Seasoned Peas Fruit & Vegetable Bar Milk Choice	26 Grilled Cheese Tomato Soup Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	27	28 	29

Alternates Entrée's this Week

Cheeseburger on Bun
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week

Chicken Patty on a Bun
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week

Grilled Cheese Sandwich
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week

BBQ Rib on a Bun
 Peanutfree Uncrustable Basket
 Yogurt Munchable

Alternates Entrée's this Week

Chicken Nuggets w/Mini Loaf
 Chicken Patty on a Bun
 Yogurt Munchable

Students are offered low fat and non fat milk choices daily and is included with all meals

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

Fruit & Vegetable Bar may include:

Apples, Apple Slices,
 Oranges, Grapes, Bananas,
 Baby Carrots, Cucumber
 Slices, Celery Sticks &
 Beans

Canned/Frozen Fruits can include:

Applesauce, Mandarin Oranges
 Mixed Fruit, Peaches, Pears,
 Pineapple Tidbits

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@fraziersd.org

