

Frazier High School December 2023 Lunch Menu



Director of Food and Nutrition: Kelly Calderone

kcalderone@fraziersd.org

724-736-9507 x431



Choices May Include:

Grilled Chicken Patty Sandwich
Spicy Chicken Patty Sandwich
Breaded Chicken Patty Sand
Hamburger or Cheeseburger



Choices may Include:

Pepperoni Pizza
Cheese Pizza
White Pizza
Buffalo Chicken Pizza
Chicken Fajita Pizza



A variety of sandwiches, wraps and specialty salads are available daily!

Whole Grains
Available Daily



				December 1st Pizza Steamed Carrots Pineapple Tidbits Low/Non Fat Milk
December 4th Macaroni and Cheese with Bread Slice Mixed Vegetables Pears Low/Non Fat Milk	December 5th Walking Taco with Bread Slice Green Beans Pineapple Tidbits Low/Non Fat Milk	December 6th General Tso with Rice Steamed Broccoli Peaches Low/Non Fat Milk	December 7th Popcorn Chicken Bowl with Bread Slice Steamed Corn Applesauce Low/Non Fat Milk	December 8th Pepperoni Pinwheels Steamed Carrots Pears Low/Non Fat Milk
December 11th Cream Chicken over Biscuits Mashed Potatoes with Gravy Mixed Fruit Low/Non Fat Milk	December 12th Mini Corn Dogs Green Beans Pineapple Tidbits Low/Non Fat Milk	December 13th Cheeseburger on Bun Baked Beans Applesauce Low/Non Fat Milk	December 14th Holiday Meal Ham with Dinner Roll Au Gratin Potatoes Mandarin Oranges Low/Non Fat Milk Dessert	December 15th Beef Nachos with Cheese Sauce Steamed Carrots Apple Low/Non Fat Milk
December 18th Korean BBQ Dumplings with Rice Steamed Carrots Applesauce Low/Non Fat Milk	December 19th Walking Taco with Bread Slice Sweet Peas Mixed Fruit Low/Non Fat Milk	December 20th Spicy Chicken Sandwich Mixed Vegetables Apple Low/Non Fat Milk	December 21st Popcorn Chicken Bowl with Bread Slice Steamed Corn Peaches Low/Non Fat Milk	December 22nd French Toast Sticks with Sausage Patties Tator Tots Pears Low/Non Fat Milk
December 25th Christmas Holiday Break No School	December 26th Christmas Holiday Break No School	December 27th Christmas Holiday Break No School	December 28th Christmas Holiday Break No School	December 29th Christmas Holiday Break No School



*Must take at least one 1/2 cup of fruit or vegetable

*Vegetables may includes:

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

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



Milk Choices Offered Daily:
1% white and non-fat flavored



Lunch Prices:
Paid \$2.45
Reduced 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

MENUS SUBJECT TO CHANGE