



# FRAZIER SCHOOL DISTRICT

Inspire and Empower

## HIGH SCHOOL



AUGUST/SEPTEMBER 2025

### Lunch Menu

**Frazier participates in CEP**

**All Student meals are Free**

**Adult Lunch: \$4.85**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>25 BBQ, Bacon Cheese Steak Burger</b> Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	<b>26 Nachos Grande</b> Beef, Cheese, Sr Cream, Salsa Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>27 Meatball Hoagie</b> w/ Mozzarella Cheese Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	<b>28 Chicken Tenders</b> Mini Loaf Mashed Potatoes & Gravy Fruit & Vegetable Bar Milk Choice	<b>29 School Made Pizza</b> w/o Pepperoni Seasoned Carrots Fruit & Vegetable Bar Milk Choice
<b>1 HAPPY LABOR DAY</b>	<b>2 General Tso' Chicken</b> o/ Rice Egg Roll & Broccoli Fruit & Vegetable Bar Milk Choice	<b>3 Mini Corn Dogs</b> Seasoned Peas Baked Beans Fruit & Vegetable Bar Milk Choice	<b>4 French Toast Sticks</b> Sausage Links Golden Hashbrown Fruit & Vegetable Bar Milk Choice	<b>5 Italian Dunker Sticks</b> Mini Salads Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
<b>8 Chicken Parm Sandwich</b> Golden Potato Smiles Fruit & Vegetable Bar Milk Choice	<b>9 Walking Taco</b> w/ Cheese, Lettuce, Sr Cream, Salsa, Churro & Veggie Fruit & Vegetable Bar Milk Choice	<b>10 Popcorn Chicken Bowl</b> Mashed Potatoes w/ Gravy Golden Corn & Dinner Roll Fruit & Vegetable Bar Milk Choice	<b>11 Texas Toast Grilled Cheese &amp; Tomato Soup</b> Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	<b>12 School Made Pizza</b> w/o Pepperoni Seasoned Carrots Fruit & Vegetable Bar Milk Choice
<b>15 BBQ Rib Sandwich</b> French Fries Fruit & Vegetable Bar Milk Choice	<b>16 Italian Baked Hoagie</b> Potato Chips Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>17 Double Dog Day</b> w/o Cheese Seasoned Corn Fruit & Vegetable Bar Milk Choice	<b>18 Penne Pasta w/ Meatsauce</b> Garlic Breadstick Mini Salad & Green Beans Fruit & Vegetable Bar Milk Choice	<b>19 Philly Steak or Buffalo Chicken Flatbread</b> Side Salad Fruit & Vegetable Bar Milk Choice
<b>22 Chicken Quesadilla</b> w/ Salsa & Sour Cream Seasoned Peas Fruit & Vegetable Bar Milk Choice	<b>23 Sloppy Joe on Bun</b> Mac & Cheese Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>24 Dill Boneless Wing Basket</b> Krinkle Cut Fries Chocolate Chip Mini Loaf Fruit & Vegetable Bar Milk Choice	<b>25 Cream Chicken o/ Biscuit</b> Mashed Potatoes & Gravy Dinner Roll Fruit & Vegetable Bar Milk Choice	<b>26 School Made Pizza</b> w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
<b>29 Buffalo Chicken Dippers</b> w/ Tostito Chips Pretzel Rod & Seasoned Corn Fruit & Vegetable Bar Milk Choice	<b>30 Salisbury Steak w/ Gravy</b> Mashed Potatoes/Dinner Roll Seasoned Carrots Fruit & Vegetable Bar Milk Choice			

**Daily Alternates may include**  
 Cheeseburger on a Bun  
 Hamburger on a Bun  
 Breaded Chicken Patty/Bun  
 Spicy Chicken Patty/Bun  
 Chef Salad w/Choice of Meat,  
 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 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. 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 Administratin Office

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