




FRAZIER SCHOOL DISTRICT
Inspire and Empower
MIDDLE SCHOOL



Lunch Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Buffalo Chicken Dip w/ Tostito Chips Seasoned Mix Vegetables Fruit & Vegetable Bar Milk Choice	2 Grilled Cheese Sandwich Tomato Soup Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	3 SPRING BREAK
6 SPRING BREAK	7 Chicken Tenders Breaded Mozzarella Sticks Seasoned Carrots Fruit & Vegetable Bar Milk Choice	8 Hamburger/Cheeseburger on Bun Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	9 Chicken Parmesan Sandwich Potato Smiles Fruit & Vegetable Bar Milk Choice	10 School Made Pizza w/o Pepperoni Seasoned Peas Fruit & Vegetable Bar Milk Choice
13 Mini Corn Dogs Baked Beans Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	14 Walking Taco w/ Lettuce, Cheese, Salsa, Sr Cream, Churro & Corn Fruit & Vegetable Bar Milk Choice	15 Hot Dog on Bun w/o Cheese Sauce or Kraut Potato Smiles Fruit & Vegetable Bar Milk Choice	16 General Tso Chicken o/ Rice Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	17 Cheeseburger Stromboli w/ "Big Mac Sauce" French Fries Fruit & Vegetable Bar Milk Choice
20 Beef Nachos Tostito Chips & Cheese Sauce Seasoned Black Beans Fruit & Vegetable Bar Milk Choice	21 French Toast Sticks Sausage Links Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	22 BBQ Rib on Bun Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	23 Popcorn Chicken Bowl Mashed Potatoes w/ Gravy Buttered Corn & Dinner Roll Fruit & Vegetable Bar Milk Choice	24 School Made Pizza w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
27 Chicken Soft Tacos w/ Lettuce, Cheese, Salsa Sr Cream & Refried Beans Fruit & Vegetable Bar Milk Choice	28 Lasagna Rolls Garlic Bread Stick Mini Salads & Green Beans Fruit & Vegetable Bar Milk Choice	29 Creamy Mac & Cheese Mini Cornbread Loaf Seasoned Carrots Fruit & Vegetable Bar Milk Choice	30 Pepperoni Pinwheels w/ Marinara Sauce Seasoned Broccoli 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 with Chicken
 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 Administration Office

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