



# FRAZIER SCHOOL DISTRICT

Inspire and Empower


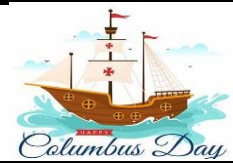
## MIDDLE SCHOOL



### Lunch Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b> <b>Hamburger/Hot Dog</b> Pasta Salad Oven Baked Beans Fruit & Vegetable Bar Milk Choice	<b>2</b> <b>Salisbury Steak w. Gravy</b> Dinner Roll Creamy Mashed Potatoes Fruit & Vegetable Bar Milk Choice	<b>3</b> <b>School Made Pizza</b> w or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
<b>6</b> <b>Pizza Crunchers</b> w/Marinara Sauce Seasoned Peas Fruit & Vegetable Bar Milk Choice	<b>7</b> <b>Walking Taco:</b> Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Milk Choice	<b>8</b> <b>Penne Pasta w/ Meat</b> Sauce & Garlic Bread Stick Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>9</b> <b>Tender Chicken Nuggets</b> with Chocolate Tiger Bites Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	<b>10</b> <b>Italian Dunkers</b> w/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
<b>13</b>  <i>Columbus Day</i>	<b>14</b> <b>Hot Ham &amp; Cheese on Bun</b> Potato Chips Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>15</b> <b>Beef Nachos</b> w/ Salsa & Sour Cream Carrot Coins Fruit & Vegetable Bar Milk Choice	<b>16</b> <b>French Toast Sticks</b> with Sausage Links Golden Tater Tots Fruit & Vegetable Bar Milk Choice	<b>17</b> <b>Creamy Macaroni &amp; Cheese</b> w/Muffin Top Seasoned Peas Fruit & Vegetable Bar Milk Choice
<b>20</b> <b>Mini Corn Dogs</b> Oven Baked Beans Smiley Potatoes Fruit & Vegetable Bar Milk Choice	<b>21</b> <b>Popcorn Chicken Bowl</b> Mashed Potatoes w/Gravy Seasoned Corn Fruit & Vegetable Bar Milk Choice	<b>22</b> <b>Meatballs w/Marinara Sauce</b> Garlic Bread Stick Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice	<b>23</b> <b>Chicken Smackers</b> with Mini Loaf Hash Brown Patty Fruit & Vegetable Bar Milk Choice	<b>24</b> <b>Pepperoni Pinwheel</b> W/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
<b>27</b> <b>General Tso' Chicken</b> o/ Rice Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	<b>28</b> <b>Cheeseburger on Bun</b> with Pickle Chips Crinkle Cut French Fries Fruit & Vegetable Bar Milk Choice	<b>29</b> <b>Grilled Cheese Sandwich</b> Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>30</b> <b>Cream Chicken</b> o/ Biscuit Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	<b>31</b> <b>School Made Pizza</b> w or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice

**Daily Alternates may included**  
 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, Celery Sticks and Beans

**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@fraizersd.org