



FRAZIER SCHOOL DISTRICT
Inspire and Empower
HIGH SCHOOL
OCTOBER 2024



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

Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	1 School Made Pizza w/ or w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
4 Buffalo Chicken Dippers Potato Smiles Fruit & Vegetable Bar Milk Choice	5 "Walking Taco" Taco Meat, Cheese & Salsa Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	6 Penne Pasta with Meatsauce & Garlic Bread Stick Garden Salad w/Dressing Fruit & Vegetable Bar Milk Choice	7 Chicken Tenders with Soft Pretzel Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	8 School Made Pizza w/ or w/o Pepperoni Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice
11 VETERANS DAY	12 Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes/Corn Fruit & Vegetable Bar Milk Choice	13 Nachos Grande w/Beef Cheese Sauce & Salsa Seasoned Carrot Coins Fruit & Vegetable Bar Milk Choice	14 Breakfast for Lunch French Toast Sticks w/Syrup and Sausage Patties Golden Tater Tots Fruit & Vegetable Bar & Milk	15 School Made Pepperoni Pinwheel w/Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
18 Chicken Parmesan Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	19 Crunchy Tacos Taco Meat, Cheese & Salsa Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	20 Meatball Hoagie w/Mozzarella Cheese Crunchy Tater Tots Fruit & Vegetable Bar Milk Choice	21 Grilled Cheese with Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	22 Creamy Macaroni & Cheese w/Muffin Top Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice
25 Mandarin Orange Chicken over Fried Rice & Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	26 Philly Cheese Steak Sandwich w/Peppers & Onions Potato Smiles Fruit & Vegetable Bar Milk Choice	27	28	29

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, 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 Administratin Office

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