



FRAZIER SCHOOL DISTRICT
Inspire and Empower



HIGH SCHOOL
OCTOBER 2024

Lunch Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
7 Buffalo Chicken Dippers Potato Smiles Fruit & Vegetable Bar Milk Choice	1 Smokehouse BBQ, Bacon Cheese Steak Burger Crispy French Fries Fruit & Vegetable Bar Milk Choice	2 General Tso Chicken over Rice w/Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	3 Double Dogs- 2 Hot Dogs on Buns w/wo Cheese Tater Tots/Baked Beans Fruit & Vegetable Bar Milk Choice	4 School Made Pizza w/ or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
14  Chicken Parmesan Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	15 Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes/Corn Fruit & Vegetable Bar Milk Choice	16 Nachos Grande w/Beef Cheese Sauce & Salsa Seasoned Carrot Coins Fruit & Vegetable Bar Milk Choice	17 Breakfast for Lunch French Toast Sticks w/Syrup and Sausage Patties Golden Tater Tots Fruit & Vegetable Bar & Milk Choice	18 School Made Pepperoni Pinwheel w/Sauce Seasoned Peas Fruit & Vegetable Bar Milk Choice
21 Chicken Parmesan Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	22 Crunchy Tacos Taco Meat, Cheese & Salsa Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	23 Meatball Hoagie w/Mozzarella Cheese Crunchy Tater Tots Fruit & Vegetable Bar Milk Choice	24 Grilled Cheese with Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	25 Creamy Macaroni & Cheese w/Muffin Top Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice
28  Mandarin Orange Chicken over Fried Rice & Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	29 Philly Cheese Steak Sandwich w/Peppers & Onions Potato Smiles Fruit & Vegetable Bar Milk Choice	30 BBQ Rib Pattie on a Bun Seasoned Corn Fruit & Vegetable Bar Milk Choice	31  "Chicken & Waffle" Chicken Nuggets w/Dutch Waffle Golden Potato Rounds Fruit & Vegetable Bar Milk Choice	

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

The Frazier School District Food Service
Department needs Cafeteria Workers
Applications available at the Administration Office

Students are offered low fat and non fat milk choices daily and is included with all meals

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

Frazier is an equal opportunity provider

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