



FRAZIER SCHOOL DISTRICT

Inspire and Empower

HIGH SCHOOL




Lunch Menu

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



Daily Alternates may included
 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

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Tacos Lettuce, Cheese, Salsa, Sr Cream Seasoned Corn Fruit & Vegetable Bar Milk Choice	2 School Made Pizza w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
5 Cream Chicken o/ Biscuits Mashed Potato w/ Gravy Dinner Roll & Corn Fruit & Vegetable Bar Milk Choice	6 Meatballs w/ Marinara Sauce Gr Bread Stick & Gr Beans Fruit & Vegetable Bar Milk Choice	7 Smokehouse BBQ, Bacon Cheese Steak Burger Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	8 Chicken & Cheese Quesadilla Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	9 ACT 8o DAY
12 General Tso's Chicken o/ Rice, Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	13 Nacho Grande Salsa & Sr Cream Refried Beans Fruit & Vegetable Bar Milk Choice	14 Pasta w/ Meatsauce Garlic Bread Stick Seasoned Carrots Fruit & Vegetable Bar Milk Choice	15 Popcorn Chicken Bowl Mashed Potatoes w/ Gravy Dinner Roll & Corn Fruit & Vegetable Bar Milk Choice	16 School Made Pizza w/o Pepperoni Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice
19 Salisbury Steak Mashed Potato w/ Gravy Seasoned Carrots Fruit & Vegetable Bar Milk Choice	20 Chicken Soft Tacos Cheese, Salsa & Sr Cream Churro & Corn Fruit & Vegetable Bar Milk Choice	21 Baked Ham & Cheese Hoagie w/ Topping Bar Seasoned Peas Fruit & Vegetable Bar Milk Choice	22 Lasagna Rolls w/ Sauce Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	23 School Made Pizza w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
26 	27 Chicken Tender Basket Crinkle Cut Fries Soft Pretzel & Carrots Fruit & Vegetable Bar Milk Choice	28 Texas Toast Grilled Cheese Tomato Soup Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	29 Chicken Parm Sandwich Potato Smiles Fruit & Vegetable Bar Milk Choice	30 School Made Pizza w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice

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