



**FRAZIER SCHOOL DISTRICT**  
*Inspire and Empower*  
**ELEMENTARY**



Lunch Menu

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



Alternates Entrée's this Week

Grilled Cheese Sandwich  
 Peanutfree Uncrustable Basket  
 Yogurt Munchable

Alternates Entrée's this Week

Hamburger/Cheeseburger  
 Peanutfree Uncrustable Basket  
 Yogurt Munchable

Alternates Entrée's this Week

BBQ Rib on Bun  
 Peanutfree Uncrustable Basket  
 Yogurt Munchable

Alternates Entrée's this Week

Chicken Patty on Bun  
 Peanutfree Uncrustable Basket  
 Yogurt Munchable

Alternates Entrée's this Week

Chicken Nuggets  
 Chicken Patty on a Bun  
 Yogurt Munchable

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

Monday	Tuesday	Wednesday	Thursday	Friday
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6 <b>Chicken Nuggets</b> Pretzel Rod Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	7 <b>Hot Ham &amp; Cheese on Bun</b> Chips Seasoned Peas Fruit & Vegetable Bar Milk Choice	8 <b>Chicken Quesadilla</b> w/ Salsa & Sour Cream Potato Smiles Fruit & Vegetable Bar Milk Choice	9 <b>Salsbury Steak</b> Dinner Roll Mashed Potatoes w/ Gravy Fruit & Vegetable Bar Milk Choice	10 <b>School Made Pizza</b> w/o Pepperoni Mini Salad & Carrots Fruit & Vegetable Bar Milk Choice
13 <b>General Tso's Chicken</b> o/ Rice Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	14 <b>Chicken Soft Taco</b> Churro Refried Beans & Corn Fruit & Vegetable Bar Milk Choice	15 <b>Fish Sticks</b> Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	16 <b>Grilled Cheese Sandwich</b> Tomato Soup Hashbrown Potatoes Fruit & Vegetable Bar Milk Choice	17 <b>Pepperoni Stromboli</b> w/ Sauce Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
20 	21 <b>Chicken Parm on Bun</b> Seasoned Carrots Fruit & Vegetable Bar Milk Choice	22 <b>French Toast Sticks</b> Sausage Patties Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	23 <b>Mini Corn Dogs</b> Baked Beans Fruit & Vegetable Bar Milk Choice	24 <b>School Made Pizza</b> w/o Pepperoni Seasoned Corn Fruit & Vegetable Bar Milk Choice
27 <b>Popcorn Chicken Bowl</b> Corn, Mashed Potatos, Gravy Mini Loaf Fruit & Vegetable Bar Milk Choice	28 <b>Mini Ravioli w/ Meatsauc</b> Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	29 <b>Ham BBQ on Bun</b> Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	30 <b>Mac &amp; Cheese</b> Mini Cornbread Loaf Seasoned Peas Fruit & Vegetable Bar Milk Choice	31 <b>Pizza Crunchers</b> w/ Sauce Seasoned Mixed Vegetables 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

Fruit & Vegetable Bar may include:

Apples, Apple Slices,  
 Oranges, Grapes, Bananas,  
 Baby Carrots, Cucumber  
 Slices and Celery Sticks

Canned/Frozen Fruits can include:

Applesauce, Mandarin Oranges  
 Mixed Fruit, Peaches, Pears,  
 Pineapple Tidbits

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