

Frazier Elementary School

November 2023 Lunch Menu

Director of Food and Nutrition: Kelly Calderone

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Low Fat White and Non Fat Flavored

Lunch Prices:
Paid \$2.05
Red. FREE

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
		November 1st BBQ Rib on Bun Steamed Carrots Peaches Low/Non Fat Milk	November 2nd Popcorn Chicken Bowl with Bread Slice Golden Corn Apple Low/Non Fat Milk	November 3rd Pizza Sweet Peas Pineapple Tidbits Low/Non Fat Milk	Chicken Patty Sandwich
November 6th Cream Chicken over Biscuits Mashed Potatoes with Gravy Apple Low/Non Fat Milk	November 7th Beef Nachos with Bread Slice Steamed Carrots Mixed Fruit Low/Non Fat Milk	November 8th Fish Sticks with Bread Slice Mixed Vegetables Applesauce Low/Non Fat Milk	November 9th Hot Dog on Bun Green Beans Peaches Low/Non Fat Milk	November 10th Veteran's Day Holiday No School	Chicken Nuggets with Bread Slice
November 13th Macaroni and Cheese with Bread Slice Mixed Vegetables Mixed Fruit Low/Non Fat Milk	November 14th Chili with Biscuits Golden Corn Peaches Low/Non Fat Milk	November 15th Cheeseburger on Bun Baked Beans Apple Low/Non Fat Milk	November 16th Holiday Meal Turkey with Dinner Roll Mashed Potatoes with Gravy Mandarin Oranges Low/Non Fat Milk Dessert	November 17th Taco Pizza Steamed Green Beans Applesauce Low/Non Fat Milk	Chicken Patty Sandwich
November 20th General Tso with Rice Steamed Broccoli Pineapple Tidbits Low/Non Fat Milk	November 21st Mini Corn Dogs Steamed Carrots Mixed Fruit Low/Non Fat Milk	November 22nd Thanksgiving Holiday No School	November 23rd Thanksgiving Holiday No School	November 24th Thanksgiving Holiday No School	Chicken Nuggets with Bread Slice
November 27th Thanksgiving Holiday No School	November 28th Meatballs with Marinara and Garlic Breadsticks Green Beans Pears Low/Non Fat Milk	November 29th Grilled Cheese Tomato Soup Applesauce Low/Non Fat Milk	November 30th French Toast Sticks with Sausage Patties Tator Tots Apple Low/Non Fat Milk		Chicken Patty Sandwich Whole Grains Available Daily

