



FRAZIER SCHOOL DISTRICT

Inspire and Empower



HIGH SCHOOL

August/September 2024

Lunch Menu


Frazier participates in CEP

All Student meals are Free

Adult Lunch: \$4.65



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

Monday	Tuesday	Wednesday	Thursday	Friday
Students are offered low fat and non fat milk choices daily and is included with all meals		28 Smokehouse BBQ, Bacon Cheese Steak Burger Crispy Fries/Baked Beans Fruit & Vegetable Bar Milk Choice	29 Chicken Tender Basket with Mini Loaf Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	30 School Made Pizza w/ or w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
2 	3 General Tso Chicken over Rice w/Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	4 Double Dogs-2 Hot Dogs on Buns w/wo Cheese Crispy Fries/Baked Beans Fruit & Vegetable Bar Milk Choice	5 Creamed Chicken over Biscuit Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	6 School Made Pizza w/ or w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
9 Buffalo Chicken Dippers Potato Smiles Fruit & Vegetable Bar Milk Choice	10 "Walking Taco" Taco Meat, Cheese & Salsa Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	11 Penne Pasta with Meatsauce & Garlic Bread Stick Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	12 Chicken Nuggets with Soft Pretzel Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	13 School Made Pepperoni Pinwheel w/Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
16 Chicken/Cheese Quesadilla w/Salsa & Sour Cream Crispy Fries Fruit & Vegetable Bar Milk Choice	17 Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes/Corn Fruit & Vegetable Bar Milk Choice	18 Nachos Grande w/ Beef Cheese Sauce & Salsa Seasoned Carrot Coins Fruit & Vegetable Bar Milk Choice	19 Breakfast for Lunch French Toast Sticks w/Syrup and Sausage Patties Golden Tater Tots Fruit & Vegetable Bar & Milk	20 Macaroni & Cheese with Muffin Top Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
23 Chicken Parmesan Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	24 Tacos Taco Meat, Cheese & Salsa Seasoned Corn Fruit & Vegetable Bar Fruit Churro & Milk	25 Meatball Hoagie with Mozzarella Cheese Crispy Tater Tots Fruit & Vegetable Bar Milk Choice	26 Grilled Cheese & Tomato Soup Fruit & Vegetable Bar Milk Choice	27 School Made Pizza w/ or w/o Pepperoni Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice
30 Creamy Chicken Alfredo over Noodles w/Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	To qualify as a free lunch, students must take 3, 4 or 5 items, Meat/Meat Alternate, Grain/Bread, Vegetable, Fruit, Milk, of which <u>1 must be a fruit or vegetable</u> . 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			

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

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