

Frazier High School March 2024 Lunch Menu



Director of Food and Nutrition: Kelly Calderone

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724-736-9507 x431

The Deli

Choices May Include:
 Grilled Chicken Patty Sandwich
 Spicy Chicken Patty Sandwich
 Breaded Chicken Patty Sand
 Hamburger or Cheeseburger

The Pizzeria

Choices may Include:
 Pepperoni Pizza
 Cheese Pizza
 White Pizza
 Buffalo Chicken Pizza
 Chicken Fajita Pizza

Grab & Go

A variety of sandwiches, wraps and specialty salads are available daily!

Whole Grains Available Daily



<p>Now Hiring Café Subs!</p> <p>Work while your child or grandchild is in school!</p> <p>No nights or weekends, holidays off!</p>					<p>March 1st Grilled Cheese Mixed Vegetables Pineapple Tidbits Low/Non Fat Milk</p>
<p>March 4th Chicken Quesadilla Black Beans Apple Low/Non Fat Milk</p>	<p>March 5th Lasagna Rollup with Garlic Breadstick Green Beans Applesauce Low/Non Fat Milk</p>	<p>March 6th BBQ Pulled Pork over Rice Steamed Corn Peaches Low/Non Fat Milk</p>	<p>March 7th Buffalo Chicken Panini Steamed Carrots Pineapple Tidbits Low/Non Fat Milk</p>	<p>March 8th Italian Dunkers Sweet Peas Pears Low/Non Fat Milk</p>	
<p>March 11th General Tso with Rice Steamed Broccoli Pears Low/Non Fat Milk</p>	<p>March 12th Beef Nachos with Cheese Sauce Steamed Carrots Mandarin Oranges Low/Non Fat Milk</p>	<p>March 13th Cheeseburger on Bun Baked Beans Applesauce Low/Non Fat Milk</p>	<p>March 14th Popcorn Chicken Bowl with Bread Slice Steamed Corn Pineapple Tidbits Low/Non Fat Milk</p>	<p>March 15th Macaroni and Cheese with Bread Slice Mixed Vegetables Apple Low/Non Fat Milk</p>	
<p>March 18th Meatballs with Marinara and Garlic Breadsticks Green Beans Applesauce Low/Non Fat Milk</p>	<p>March 19th Sweet & Spicy BBQ Chicken Bowl Steamed Corn Peaches Low/Non Fat Milk</p>	<p>March 20th Pizza Panini Steamed Carrots Apple Low/Non Fat Milk</p>	<p>March 21st EASTER LUNCH Ham with Dinner Roll Scalloped Potatoes Mixed Fruit Low/Non Fat Milk Dessert</p>	<p>March 22nd Act 80 Day No School</p>	
<p>March 25th Popcorn Chicken Bowl with Bread Slice Steamed Corn Apple Low/Non Fat Milk</p>	<p>March 26th General Tso Dumplings with Rice Steamed Broccoli Pears Low/Non Fat Milk</p>	<p>March 27th French Toast Sticks with Sausage Patties Tator Tots Peaches Low/Non Fat Milk</p>	<p>March 28th Easter Holiday Break No School</p>	<p>March 28th Easter Holiday Break No School</p>	

Accompaniments

*Must take at least one 1/2 cup of fruit or vegetable

*Vegetables may include:

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

*Fruits may include:

- Crisp Apple
- Sliced Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Diced Pears
- Applesauce

Milk

Milk Choices Offered Daily:
 1% white and non-fat flavored

Proud to manage your food service program

Lunch Prices:
 Paid \$2.45
 Reduced 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

MENUS SUBJECT TO CHANGE