



**FRAZIER SCHOOL DISTRICT**  
*Inspire and Empower*  
**MIDDLE SCHOOL**



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



Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Chicken Tenders</b> Mashed Potatoes w/ Gravy Mini Loaf Fruit & Vegetable Bar Milk Choice	<b>4</b> <b>Nachos Grande</b> w/ Beef, Cheese, Salsa, Sr Cream & Mixed Veggies Fruit & Vegetable Bar Milk Choice	<b>5</b> <b>Meatballs w/ Marinara</b> Garlic Bread Sticks Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	<b>6</b> <b>General Tso' Chicken</b> o/ Rice Egg Roll & Broccoli Fruit & Vegetable Bar Milk Choice	<b>7</b> <b>Buffalo Chicken Flatbread</b> Seasoned Corn Fruit & Vegetable Bar Milk Choice
<b>10</b> <b>Hot Dog on Bun</b> w/o Cheese Crinkle Cut French Fries Fruit & Vegetable Bar Milk Choice	<b>11</b> <b>Popcorn Chicken Bowl</b> Mashed Potatoes w/ Gravy Corn & Mini Muffin Fruit & Vegetable Bar Milk Choice	<b>12</b> <b>Penne Pasta w/ Meatsauce</b> Garlic Bread Sticks Seasoned Carrots Fruit & Vegetable Bar Milk Choice	<b>13</b> <b>French Toast Sticks</b> Sausage Patty/Link Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	<b>14</b> <b>School Made Pizza</b> w/o Pepperoni Mini Salad & Peas Fruit & Vegetable Bar Milk Choice
<b>17</b> <b>Salsbury Steak</b> Mashed Potatoes w/ Gravy Dinner Roll & Green Beans Fruit & Vegetable Bar Milk Choice	<b>18</b> <b>Walking Taco</b> w/ Beef, Cheese, Salsa, Sr Cream, Churro & Corn Fruit & Vegetable Bar Milk Choice	<b>19</b> <b>Mini Corn Dogs</b> Potato Smiles Baked Beans Fruit & Vegetable Bar Milk Choice	<b>20</b> <b>Creamy Mac &amp; Cheese</b> Mini Cornbread Loaf Seasoned Peas Fruit & Vegetable Bar Milk Choice	<b>21</b> <b>TEACHERS IN-SERVICE DAY</b>
<b>24</b> <b>Chicken Smackers</b> Mini Loaf Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	<b>25</b> <b>Ham &amp; Cheese Stromboli</b> Potato Chips Seasoned Carrots Fruit & Vegetable Bar Milk Choice	<b>26</b> <b>Buffalo Chicken Dippers</b> w/ Tostito Chips Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	<b>27</b> <b>Grilled Cheese Sandwich</b> Creamy Tomato Soup Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	<b>28</b> <b>School Made Pizza</b> w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
<b>HAPPY VALENTINE'S DAY</b>				

**Daily Alternates may include**  
 Cheeseburger on a Bun  
 Hamburger on a Bun  
 Breaded Chicken Patty/Bun  
 Spicy Chicken Patty/Bun  
 Chef Salad with Chicken  
 Croutons & Dinner Roll  
 Cold Wraps with Chips

**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 Administration Office

Food Service Manager  
 Christie Mansberry  
 724-736-9507 x431  
 cmansberry@fraziersd.org