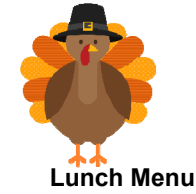




**FRAZIER SCHOOL DISTRICT**  
*Inspire and Empower*  
**MIDDLE SCHOOL**  
**NOVEMBER 2024**



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



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Chicken Fryz, Brd Cheese Stick, Brd Stick w/ Sauce Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice
4 Popcorn Chicken Mini Loaf Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	5 Mini Ravoli w/ Meatsauce Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	6 Hot Dog on Bun w/o Cheese Sauce French Fries Fruit & Vegetable Bar Milk Choice	7 Salsbury Steak Dinner Roll Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	8 School Made Pizza w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
11  AN HONOR OF OUR VETERANS	12 Chicken Nuggets w/ Tiger Bites Seasoned Carrots Fruit & Vegetable Bar Milk Choice	13 BBQ Rib on Bun  Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	14 Walking Taco w/ Cheese, Lettuce & Salsa Refried Beans & Corn Fruit & Vegetable Bar Milk Choice	15 Pizza Bites  Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
18 Chicken Quesadilla w/ Salsa & Sour Cream Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	19 Meatballs w/ Marinara Sauce Garlic Bread Stick Seasoned Corn Fruit & Vegetable Bar Milk Choice	20 Hamburger on Bun  Baked Beans Fruit & Vegetable Bar Milk Choice	21 Holiday Meal w/ All The Fixins'  Fruit & Vegetable Bar Milk Choice	22 Mini Corn Dogs  Potato Smiles Fruit & Vegetable Bar Milk Choice
25 Mac & Cheese w/ Mini Cornbread Loaf Seasoned Peas Fruit & Vegetable Bar Milk Choice	26 Grilled Cheese Tomato Soup Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	27	28  HAPPY THANKSGIVING DAY	29

**Daily Alternates may included**  
 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, Celery Sticks and  
 Beans

**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 Administratin Office

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