



# FRAZIER SCHOOL DISTRICT

*Inspire and Empower*

## HIGH SCHOOL

JANUARY 2025



### Lunch Menu

**Frazier participates in CEP**

**All Student meals are Free**

**Adult Lunch: \$4.65**



| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|   |  | 1<br>                           | 2   | 3   |
| 6<br><b>Chicken Patty</b><br>Potato Smiles<br><br>Fruit & Vegetable Bar<br>Milk Choice                                      | 7<br><b>Orange Chicken</b><br>Fried Rice & Egg Roll<br>Seasoned Broccoli<br>Fruit & Vegetable Bar<br>Milk Choice         | 8<br><b>Salsbury Steak</b><br>Mashed Potatoes w/ Gravy<br>Dinner Rolls<br>Fruit & Vegetable Bar<br>Milk Choice   | 9<br><b>Hot Ham &amp; Cheese on Bun</b><br>Chips<br>Seasoned Peas<br>Fruit & Vegetable Bar<br>Milk Choice                   | 10<br><b>School Made Pizza</b><br>w/o Pepperoni<br>Mini Salad & Corn<br>Fruit & Vegetable Bar<br>Milk Choice    |
| 13<br><b>Double Hot Dog on Bun</b><br>w/o Cheese Sauce<br>French Fries<br>Fruit & Vegetable Bar<br>Milk Choice              | 14<br><b>Mini Ravioli w/ Meat Sauce</b><br>Garlic Bread Stick<br>Green Beans<br>Fruit & Vegetable Bar<br>Milk Choice     | 15<br><b>Hot Italian Hoagie</b><br>Tatar Tots<br>Fruit & Vegetable Bar<br>Milk Choice                            | 16<br><b>Cream Chicken o/ Biscuits</b><br>Mashed Potatoes w/ Gravy<br>Seasoned Corn<br>Fruit & Vegetable Bar<br>Milk Choice | 17<br><b>Italian Dunkers w/ Sauce</b><br>Seasoned Broccoli<br><br>Fruit & Vegetable Bar<br>Milk Choice          |
| 20<br>                                     | 21<br><b>Buffalo Chicken Dippers</b><br>w/ Tostito Chips<br>Seasoned Green Beans<br>Fruit & Vegetable Bar<br>Milk Choice | 22<br><b>BBQ Bacon Steak Burger</b><br>w/o Cheese<br>Potato Smiles<br>Fruit & Vegetable Bar<br>Milk Choice       | 23<br><b>Popcorn Chicken Bowl</b><br>Corn, Mashed Potatoes, Gravy<br>Mini Muffin<br>Fruit & Vegetable Bar<br>Milk Choice    | 24<br><b>Pepperoni Stromboli</b><br>Seasoned Carrots<br>Fruit & Vegetable Bar<br>Milk Choice                    |
| 27<br><b>Texas Toast Grilled Cheese</b><br>Tomato Soup<br>Seasoned Mixed Vegetables<br>Fruit & Vegetable Bar<br>Milk Choice | 28<br><b>French Toast Sticks</b><br>Sausage Links<br>Hashbrown Potatoes<br>Fruit & Vegetable Bar<br>Milk Choice          | 29<br><b>Chicken Tenders</b><br>Dinner Rolls<br>Mashed Potatoes w/ Gravy<br>Fruit & Vegetable Bar<br>Milk Choice | 30<br><b>Ham BBQ on Bun</b><br>Crinkle Cut French Fries<br>Fruit & Vegetable Bar<br>Milk Choice                             | 31<br><b>School Made Pizza</b><br>w/o Pepperoni<br>Seasoned Green Beans<br>Fruit & Vegetable Bar<br>Milk Choice |

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

**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 Administratin Office

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