

Frazier High School November 2023 Lunch Menu



Director of Food and Nutrition: Kelly Calderone

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724-736-9507 x431



Choices May Include:

Grilled Chicken Patty Sandwich
Spicy Chicken Patty Sandwich
Breaded Chicken Patty Sand
Hamburger or Cheeseburger



Choices may Include:

Pepperoni Pizza
Cheese Pizza
White Pizza
Buffalo Chicken Pizza
Chicken Fajita Pizza



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

Whole Grains
Available Daily



		November 1st Spicy Chicken on Bun Steamed Carrots Peaches Low/Non Fat Milk	November 2nd Popcorn Chicken Bowl with Bread Slice Golden Corn Apple Low/Non Fat Milk	November 3rd Pizza Sweet Peas Pineapple Tidbits Low/Non Fat Milk
November 6th Cream Chicken over Biscuits Mashed Potatoes with Gravy Pears Low/Non Fat Milk	November 7th Beef Nachos with Cheese Sauce Steamed Carrots Pineapple Tidbits Low/Non Fat Milk	November 8th General Tso with Rice Steamed Broccoli Peaches Low/Non Fat Milk	November 9th BBQ Pulled Pork Mixed Vegetables Applesauce Low/Non Fat Milk	November 10th Veteran's Day Holiday No School
November 13th Macaroni and Cheese with Bread Slice Mixed Vegetables Mandarin Oranges Low/Non Fat Milk	November 14th Corn Dog Steamed Carrots Pineapple Tidbits Low/Non Fat Milk	November 15th Cheeseburger on Bun Baked Beans Mixed Fruit Low/Non Fat Milk	November 16th Holiday Meal Turkey with Dinner Roll Mashed Potatoes with Gravy Applesauce Low/Non Fat Milk Dessert	November 17th Taco Pizza Green Beans Apple Low/Non Fat Milk
November 20th Popcorn Chicken Bowl with Bread Slice Golden Corn Applesauce Low/Non Fat Milk	November 21st French Toast Sticks with Sausage Patties Tator Tots Pears Low/Non Fat Milk	November 22nd Thanksgiving Holiday No School	November 23rd Thanksgiving Holiday No School	November 24th Thanksgiving Holiday No School
November 27th Thanksgiving Holiday No School	November 28th Meatballs with Marinara and Garlic Breadsticks Green Beans Applesauce Low/Non Fat Milk	November 29th General Tso with Rice Steamed Broccoli Applesauce Low/Non Fat Milk	November 30th Sweet and Spicy BBQ Chicken Bowl Steamed Corn Apple Low/Non Fat Milk	



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

*Vegetables may includes:

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



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