

Frazier Elementary School

March 2024 Lunch Menu

Director of Food and Nutrition: Kelly Calderone

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What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

*Students must choose at least one fruit or vegetable



Fresh Fruits and Vegetables Offered Daily

*Vegetables may include:

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

*May choose two 1/2 cup servings

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Low Fat White and Non Fat Flavored

Lunch Prices:
Paid \$2.05
Red. 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

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | Weekly Choices |
|--|---|--|---|--|---|--|
| <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</p> <p>Fish Sticks with Bread Slice Mixed Vegetables Pineapple Tidbits Low/Non Fat Milk</p> | Chicken Patty Sandwich |
| <p>March 4th</p> <p>Chicken Quesadilla Black Beans Apple Low/Non Fat Milk</p> | <p>March 5th</p> <p>Salisbury Steak with Bread Slice Mashed Potatoes with Gravy Mixed Fruit Low/Non Fat Milk</p> | <p>March 6th</p> <p>Hot Dog on Bun Green Beans Applesauce Low/Non Fat Milk</p> | <p>March 7th</p> <p>Buffalo Chicken Panini Steamed Carrots Peaches Low/Non Fat Milk</p> | <p>March 8th</p> <p>Italian Dunkers Sweet Peas Pears Low/Non Fat Milk</p> | | Chicken Nuggets with Bread Slice |
| <p>March 11th</p> <p>General Tso with Rice Steamed Broccoli Mixed Fruit Low/Non Fat Milk</p> | <p>March 12th</p> <p>Beef Nachos with Cheese Sauce and Sliced Bread Green Beans Apple Low/Non Fat Milk</p> | <p>March 13th</p> <p>BBQ Rib on Bun Baked Beans Peaches Low/Non Fat Milk</p> | <p>March 14th</p> <p>Popcorn Chicken Bowl with Sliced Bread Steamed Corn Mandarin Oranges Low/Non Fat Milk</p> | <p>March 15th</p> <p>Macaroni and Cheese with Sliced Bread Mixed Vegetables Applesauce Low/Non Fat Milk</p> | | Chicken Patty Sandwich |
| <p>March 18th</p> <p>Meatballs with Marinara and Garlic Breadsticks Green Beans Apple Low/Non Fat Milk</p> | <p>March 19th</p> <p>French Toast Sticks with Sausage Patties Tator Tots Peaches Low/Non Fat Milk</p> | <p>March 20th</p> <p>Cheeseburger on Bun Mixed Vegetables Applesauce Low/Non Fat Milk</p> | <p>March 21st</p> <p>EASTER LUNCH Ham with Dinner Roll Scalloped Potatoes Mixed Fruit Low/Non Fat Milk Dessert</p> | <p>March 22nd</p> <p>Act 80 Day No School</p> | | Chicken Nuggets with Bread Slice |
| <p>March 25th</p> <p>Lasagna Rollup with Garlic Breadstick Steamed Carrots Apple Low/Non Fat Milk</p> | <p>March 26th</p> <p>Cream Chicken over Biscuits Mashed Potatoes with Gravy Pears Low/Non Fat Milk</p> | <p>March 27th</p> <p>Mini Corn Dogs Green Beans Peaches Low/Non Fat Milk</p> | <p>March 28th</p> <p>Easter Holiday Break No School</p> | <p>March 29th</p> <p>Easter Holiday Break No School</p> | | <p>Chicken Patty Sandwich</p> <p>Whole Grains Available Daily</p>  |