



FRAZIER SCHOOL DISTRICT
Inspire and Empower
HIGH SCHOOL
NOVEMBER 2024



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

Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
				1 Italian Dunkers w/ Marinara Sauce Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice
4 Cream Chicken over Biscuits Mashed Potatoes & Gravy Seasoned Green Beans Milk Choice	5 Mini Ravoli w/ Meatsauce Garlic Bread Stick Side Salad Fruit & Vegetable Bar Fruit Churro & Milk	6 Double Dog Day w/o Cheese Sauce Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	7 Buffalo Chicken Dippers Potato Smiles Fruit & Vegetable Bar Milk Choice	8 School Made Pizza w/ or w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
11  VETERANS DAY HONORING ALL WHO SERVED	12 Walking Taco w/ Cheese, Salsa & Sr Cream Seasoned Corn Fruit & Vegetable Bar Milk Choice	13 Chicken Parmesian Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	14 Spicy Chicken Bowl w/ Rice Seasoned Broccoli Fruit & Vegetable Bar & Milk	15 School Made Pepperoni Pinwheel w/Sauce Seasoned Peas Fruit & Vegetable Bar Milk Choice
18 BBQ, Bacon Cheese Steak Burger w/ Chips Baked Beans Fruit & Vegetable Bar Milk Choice	19 Holiday Meal w/ All The Fixins' Fruit & Vegetable Bar Fruit Churro & Milk	20 BBQ Rib on Bun Potato Smiles Fruit & Vegetable Bar Milk Choice	21 Baked Italian Hoagie Crispy Tatar Tots Fruit & Vegetable Bar Milk Choice	22 School Made Pizza w/ or w/o Pepperoni Seasoned Carrots Fruit & Vegetable Bar Milk Choice
25 Chicken Quesadilla w/ Salsa & Sr Cream Refried Beans & Corn Fruit & Vegetable Bar Milk Choice	26 General Tso' Chicken o/Rice & Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	27	28 	29

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, 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