



MIDDLE SCHOOL
August/September 2024

Lunch Menu

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



Daily Alternates may include
Cheesburger 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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Students are offered low fat and non fat milk choices daily and is included with all meals</p>		<p>28 Cheeseburger/Bun with Pickle Chips Krinkle Cut Fries Fruit & Vegetable Bar Milk Choice</p>	<p>29 Chicken Patty on Bun Corn Fruit & Vegetable Bar Milk Choice</p>	<p>30 School Made Pizza w or w/o Pepperoni Carrot Coins Fruit & Vegetable Bar Milk Choice</p>
<p>2  HAPPY LABOR DAY</p>	<p>3 Popcorn Chicken w/Sauce Sauce & Dinner Roll Golden Tater Tots Fruit & Vegetable Bar Milk Choice</p>	<p>4 Hot Dog on Bun/Cheese Sauce Crispy French Fries Oven Baked Beans Fruit & Vegetable Bar Milk Choice</p>	<p>5 Salisbury Steak w.Gravy Dinner Roll Creamy Mashed Potatoes Fruit & Vegetable Bar Milk Choice</p>	<p>6 School Made Pizza w or w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice</p>
<p>9 BBQ Rib Patty on a Bun Potato Smiles Fruit & Vegetable Bar Milk Choice</p>	<p>10 <u>Walking Taco:</u> Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Fruit Churro</p>	<p>11 Penne Pasta w/ Meat Sauce & Garlic Bread Stick Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice</p>	<p>12  Tender Chicken Nuggets with Chocolate Tiger Bites Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice</p>	<p>13  Rich's Pizza Crunchers w/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice</p>
<p>16 Cheeseburger/Bun with Pickle Chips Krinkle Cut Fries Fruit & Vegetable Bar Milk Choice</p>	<p>17 Popcorn Chicken Bowl with Roll Mashed Potatoes/Corn Fruit & Vegetable Bar Milk Choice</p>	<p>18 Tostito Chips w/Seasoned Beef, Cheese & Salsa Carrot Coins Fruit & Vegetable Bar Milk Choice</p>	<p>19 French Toast Sticks w/Syrup with Sausage Patty Golden Tater Tots Fruit & Vegetable Bar Milk Choice</p>	<p>20 Creamy Macaroni & Cheese w/Muffin Top Seasoned Broccoli Fruit & Vegetable Bar Milk Choice</p>
<p>23 Mini Corn Dogs Oven Baked Beans Smiley Potatoes Fruit & Vegetable Bar Milk Choice</p>	<p>24 <u>Grilled Cheese & Tomato Soup</u> Fruit & Vegetable Bar Milk Choice</p>	<p>25 Meatballs w/Garlic Bread Stick Or Meatball Hoagie Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice</p>	<p>26 Chicken Smackers with Mini Loaf Seasoned Baby Peas Fruit & Vegetable Bar Milk Choice</p>	<p>27 Chicken/Cheese Quesadilla w/Salsa & Sour Cream Seasoned Broccoli Fruit & Vegetable Bar Milk Choice</p>
<p>30 <u>Crazy Dipper Day</u> Chicken Fryz, Brd Cheese Sticks & Garlic Bread Stick and Marinara Sauce Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice</p>	<p>30 </p>			

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

The Frazier School District Food Service
Department needs Cafeteria Workers
Applications available at the Administration Office

Food Service Manager
Christie Mansberry
724-736-9507 x431
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