



FRAZIER SCHOOL DISTRICT
Inspire and Empower
HIGH SCHOOL



Lunch Menu

Frazier participates in CEP
All Student meals are Free
Adult Lunch: \$4.85



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Crazy Dipper Day Chic Tenders, Mozz Sticks, Bread Stick w/ Marinara & Green Beans Fruit & Vegetable Bar Milk Choice	2 Breakfast Pizza w/Sausage, Egg & Cheese Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	3 SPRING BREAK
6 SPRING BREAK	7 Wing Basket Boneless Dill Wings Crispy French Fries Fruit & Vegetable Bar Milk Choice	8 Double Dog Day w/o Cheese Sauce or Kraut Baked Beans Fruit & Vegetable Bar Milk Choice	9 Meatballs w/ Marinara Garlic Bread Sticks Seasoned Carrots Fruit & Vegetable Bar Milk Choice	10 School Made Pizza w/wo Pepperoni Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice
13 Mandarin Orange Chicken o/ Rice, Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	14 Smokehouse BBQ Bacon Cheese Steak Burger Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	15 French Toast Sticks Sausage Links Golden Hashbrowns Fruit & Vegetable Bar Milk Choice	16 Creamy Mac & Cheese Mini Cornbread Loaf Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	17 Pizza Crunchers w/ Marinara Sauce Seasoned Carrots Fruit & Vegetable Bar Milk Choice
20 Buffalo Chicken Dippers w/ Tostito Chips & Pretzel Rod Seasoned Peas Fruit & Vegetable Bar Milk Choice	21 Walking Taco w/ Salsa & Sour Cream Fruit Churro & Buttered Corn Fruit & Vegetable Bar Milk Choice	22 Grilled Cheese Sandwich Tomato Soup Seasoned Mixed Vegetable Fruit & Vegetable Bar Milk Choice	23 Philly Cheesesteak Hoagie w/o Peppers & Onions Potato Smiles Fruit & Vegetable Bar Milk Choice	24 School Made Pizza w/wo Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
27 Pasta w/ Meatsauce Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	28 Cheeseburger Stromboli w/"Big Mac Sauce" Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	29 Buffalo Chicken Grilled Panini Seasoned Carrots Fruit & Vegetable Bar Milk Choice	30 BBQ Pulled Pork on Bun Potato Smiles Fruit & Vegetable Bar 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