



FRAZIER SCHOOL DISTRICT
Inspire and Empower



MIDDLE SCHOOL
OCTOBER 2024



Lunch Menu

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



Monday	Tuesday	Wednesday	Thursday	Friday
 7 BBO Rib Pattie on a Bun Potato Smiles Fruit & Vegetable Bar Milk Choice	1 Popcorn Chicken with Sauce & Dinner Roll Golden Tater Tots Fruit & Vegetable Bar Milk Choice	2 Hot Dog on Bun/Cheese Sauce Crispy French Fries Oven Baked Beans Fruit & Vegetable Bar Milk Choice	3 Salisbury Steak w. Gravy Dinner Roll Creamy Mashed Potatoes Fruit & Vegetable Bar Milk Choice	4 School Made Pizza w or w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
14  14 Mini Corn Dogs Oven Baked Beans Smiley Potatoes Fruit & Vegetable Bar Milk Choice	15 Cheeseburger/Bun with Pickle Chips Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	16 Tostito Chips w/Seasoned Beef, Cheese & Salsa Carrot Coins Fruit & Vegetable Bar Milk Choice	17 French Toast Sticks w/Syrup with Sausage Patty Golden Tater Tots Fruit & Vegetable Bar Milk Choice	18 Creamy Macaroni & Cheese w/Muffin Top Seasoned Peas Fruit & Vegetable Bar Milk Choice
21 Boneless Chicken Wings with Goldfish Cinnamon Grahams Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	22 Grilled Cheese with Tomato Soup Seasoned Mixed Veggies Fruit & Vegetable Bar Milk Choice	23 Meatballs w/Marinara Sauce Garlic Bread Stick Seasoned Greenbeans Fruit & Vegetable Bar Milk Choice	24 Chicken Smackers with Mini Loaf Hash Brown Patty Fruit & Vegetable Bar Milk Choice	25 School Made Pepperoni Pinwheel w/Marinara Sauce Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
28  28 Boneless Chicken Wings with Goldfish Cinnamon Grahams Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	29 <u>Walking Taco</u> : Taco Meat, Cheese, Lettuce & Salsa Buttered Corn Fruit & Vegetable Bar Milk Choice	30  30 Dutch Waffle and Sausage Party Crispy Tater Tots Fruit & Vegetable Bar Milk Choice	31 Penne Pasta w/ Meat Sauce & Garlic Bread Stick Seasoned Baby Peas Fruit & Vegetable Bar Milk Choice	

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

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

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 Administration Office

Food Service Manager
Christie Mansberry
724-736-9507 x431
cmansberry@fraziersd.org