



FRAZIER SCHOOL DISTRICT

Inspire and Empower

HIGH SCHOOL

MARCH 2025



Lunch Menu

Frazier participates in CEP

All Student meals are Free

Adult Lunch: \$4.65



Monday	Tuesday	Wednesday	Thursday	Friday
3 General Tso Chicken over Rice w/ Egg Roll Seasoned Broccoli Fruit & Vegetable Bar Milk Choice	4 Chicken Nuggets w/ Soft Pretzel Baked Beans Fruit & Vegetable Bar Milk Choice	5 Fish Sandwich French Fries Fruit & Vegetable Bar Milk Choice	6 Creamed Chicken over Biscuit Mashed Potatoes/Gravy Fruit & Vegetable Bar Milk Choice	7 School Made Pizza w/o Pepperoni Seasoned Green Beans Fruit & Vegetable Bar Milk Choice
10 Buffalo Chicken Dippers Potato Smiles Fruit & Vegetable Bar Milk Choice	11 Tacos w/ Lettuce, Cheese & Salsa Seasoned Carrots Fruit & Vegetable Bar Milk Choice	12 Meatball Hoagie with Mozzarella Cheese Seasoned Mixed Vegetables Fruit & Vegetable Bar Milk Choice	13 Wing Basket Boneless Dill Wings Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	14 Grilled Cheese Tomato Soup Golden Hashbrowns Fruit & Vegetable Bar Milk Choice
17 Chicken/Cheese Quesadilla w/ Salsa & Sour Cream Seasoned Peas Fruit & Vegetable Bar Milk Choice	18 Popcorn Chicken Bowl with Dinner Roll Mashed Potatoes, Gravy & Corn Fruit & Vegetable Bar Milk Choice	19 Hot Ham & Cheese on Bun Potato Chips Fruit & Vegetable Bar Milk Choice	20 French Toast Sticks Sausage Links Golden Tatar Tots Fruit & Vegetable Bar Milk Choice	21 School Made Pizza w/o Pepperoni Seasoned Broccoli Fruit & Vegetable Bar Milk Choice
24 Chicken Parm Sandwich Crinkle Cut Fries Fruit & Vegetable Bar Milk Choice	25 Nachos Grande w/ Beef Cheese Sauce & Salsa Seasoned Carrots Fruit & Vegetable Bar Milk Choice	26 Smokehouse BBQ, Bacon Cheese Steak Burger Potato Smiles Fruit & Vegetable Bar Milk Choice	27 Mini Ravioli w/ Meatsauce Garlic Bread Stick Seasoned Green Beans Fruit & Vegetable Bar Milk Choice	28 TEACHER IN-SERVICE DAY
31 ACT 8o DAY				

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