

Frazier Middle School November 2023 Lunch Menu



Director of Food and Nutrition: Kelly Calderone

kcalderone@fraziersd.org

724-736-9507 x431

 The Grille Daily Choices May Include: Grilled Chicken Patty Sandwich Cheeseburger or Hamburger Breaded Chicken Sandwich BBQ Rib on a Bun Spicy Chicken Patty Sandwich	Monday	Tuesday	Wednesday	Thursday	Friday
			November 1st BBQ Rib on Bun Steamed Carrots Peaches Low/Non Fat Milk	November 2nd Popcorn Chicken Bowl with Bread Slice Golden Corn Apple Low/Non Fat Milk	November 3rd Pizza Sweet Peas Pineapple Tidbits Low/Non Fat Milk
 The Pizzeria If Pizza's available -may Include: Pepperoni Pizza Cheese Pizza White Pizza	November 6th Cream Chicken over Biscuits Mashed Potatoes with Gravy Apple Low/Non Fat Milk	November 7th Beef Nachos with Cheese Sauce and Bread Slice Steamed Carrots Pineapple Tidbits Low/Non Fat Milk	November 8th Fish Sandwich Mixed Vegetables Applesauce Low/Non Fat Milk	November 9th Hot Dog on Bun Green Beans Peaches Low/Non Fat Milk	November 10th Veteran's Day Holiday No School
	November 13th Macaroni and Cheese with Bread Slice Mixed Vegetables Mixed Fruit Low/Non Fat Milk	November 14th Chili with Biscuits Golden Corn Peaches Low/Non Fat Milk	November 15th Cheeseburger on Bun Baked Beans Apple Low/Non Fat Milk	November 16th Holiday Meal Turkey with Dinner Roll Mashed Potatoes with Gravy Mandarin Oranges Low/Non Fat Milk Dessert	November 17th Taco Pizza Steamed Green Beans Applesauce Low/Non Fat Milk
	November 20th General Tso with Rice Steamed Broccoli Pineapple Tidbits Low/Non Fat Milk	November 21st Mini Corn Dogs Steamed Carrots Mixed Fruit Low/Non Fat Milk	November 22nd Thanksgiving Holiday No School	November 23rd Thanksgiving Holiday No School	November 24th Thanksgiving Holiday No School
	November 27th Thanksgiving Holiday No School	November 28th Meatballs with Marinara and Garlic Breadsticks Green Beans Pears Low/Non Fat Milk	November 29th Grilled Cheese Tomato Soup Applesauce Low/Non Fat Milk	November 30th French Toast Sticks with Sausage Patties Tator Tots Apple Low/Non Fat Milk	



*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Bar
May includes:

Broccoli Florets
Baby Carrots
Dark Leafy Greens
Legume Salads
Celery & Cucumber

*Fruits may include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce



Milk Choices Offered Daily:
1% white and non fat flavored



Lunch Prices: Paid \$2.45 Reduced FREE

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

MENUS SUBJECT TO CHANGE



Whole Grains
Available Daily