

Frazier Middle School April 2019 Lunch Menu



Food Service Director: Kelly Calderone

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724-736-1107



Daily Choices May Include:
 Grilled Chicken Patty Sandwich
 Cheeseburger or Hamburger
 Breaded Chicken Sandwich
 BBQ Ribs on a Bun
 Spicy Chicken Patty Sandwich



If Pizza's available -may Include:

Pepperoni Pizza
 Cheese Pizza
 White Pizza
 Buffalo Chicken Pizza



Whole Grains Available Daily

Monday	Tuesday	Wednesday	Thursday	Friday
April 1st Chicken Patty on Bun Baked Beans Applesauce Low/Non Fat Milk	April 2nd Pancakes with Sausage Patties Potato Rounds Apple Low/Non Fat Milk	April 3rd Buffalo Chicken Dippers Steamed Carrots Mandarin Oranges Low/Non Fat Milk	April 4th Pizza Burgers Steamed Broccoli Pears Low/Non Fat Milk	April 5th Macaroni and Cheese with Bread Slice Steamed Green Beans Mixed Fruit Low/Non Fat Milk
April 8th Pasta with Meatsauce Steamed Broccoli Apple Low/Non Fat Milk	April 9th Holiday Meal-Carving Mixed Vegetables Mixed Fruit Low/Non Fat Milk Dessert	April 10th Grilled Cheese French Fries Peaches Low/Non Fat Milk	April 11th Walking Taco with Bread Steamed Carrots Applesauce Low/Non Fat Milk	April 12th Italian DUNKERS Steamed Green Beans Pears Low/Non Fat Milk
April 15th Corn Dog on Stick Baked Beans Mandarin Oranges Low/Non Fat Milk	April 16th Beef Nachos with Cheese Sauce Steamed Broccoli Pears Low/Non Fat Milk	April 17th BBQ Rib Sandwich Roasted Sweet Potato Salad Pineapple Tidbits Low/Non Fat Milk	April 18th Salisbury Steak Mashed Potatoes with Gravy Peaches Low/Non Fat Milk	April 19th Easter Holiday No School
April 22nd General Tso with Rice Steamed Broccoli Pears Low/Non Fat Milk	April 23rd Popcorn Chicken Bowl With Bread Slice Steamed Corn Mixed Fruit Low/Non Fat Milk	April 24th French Toast Sticks with Sausage Patties Potato Rounds Mandarin Oranges Low/Non Fat Milk	April 25th Shepard's Pie Mixed Vegetables Peaches Low/Non Fat Milk Spring Sandwich Cookie	April 26th Chicken Quesadilla Spanish Rice Refried Beans Apple Low/Non Fat Milk
April 29th Hot Ham and Cheese Emoji Fries Applesauce Low/Non Fat Milk	April 30th Lasagna Rollup with Garlic Breadstick Steamed Carrots Mixed Fruit Low/Non Fat Milk			



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

***Vegetable Bar May includes:**

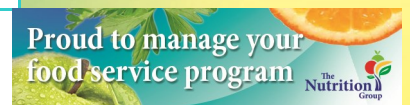
Broccoli Florets
 Baby Carrots
 Dark Leafy Greens
 Legume Salads
 Celery & Cucumber

***Fruits may include:**

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



Milk Choices Offered Daily:
 1% white, non-fat white, non-fat strawberry, non-fat vanilla, 1% chocolate



Lunch Prices: Paid \$2.45 Reduced \$.40

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