

Frazier Elementary/Middle School

October 2020 Lunch Menu

Food Service Director: Kelly Calderone

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724-736-9507 x431



What Makes a Meal?

You must choose at least 3 of 5 components available for the school lunch price.

Choice of Meat or Meat Alternate
Choice of Vegetable, Choice of Fruit*
Choice of Grain/Bread,
and Choice of Milk

**Students must choose at least one fruit or vegetable*



Fresh Fruits and Vegetables Offered Daily

*Vegetables include:

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

*May choose two 1/2 cup servings

*Fruits include:

Crisp Apple
Sliced Peaches
Mixed Fruit
Fresh Orange
Banana
Pineapple Tidbits
Diced Pears
Applesauce
*May choose 1/2 cup serving

MENUS SUBJECT TO CHANGE



Milk Choices Offered Daily

Low Fat Chocolate, Fat Free Strawberry,
Fat Free Vanilla and Low Fat White

Lunch Prices: 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
Paid \$2.05
Reduced \$.40

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
			October 1st Pancakes and Sausage Patties Potato Rounds Apple Low/Non Fat Milk	October 2nd Pizza Mixed Vegetables Orange Low/Non Fat Milk	Chicken Nuggets With Bread Slice
October 5th Tony's Fiesta Beef Pizza Oven Roasted Carrots Peaches Low/Non Fat Milk	October 6th General Tso Chicken Bowl with Rice Steamed Broccoli Apple Low/Non Fat Milk	October 7th Meatball Hoagie Crispy Potato Wedges Mixed Fruit Low/Non Fat Milk	October 8th BBQ Pork Sandwich Seasoned Corn Applesauce Low/Fat Free Milk	October 9th Pizza Italian Style Green Beans Pears Low/Non Fat Milk	Chicken Patty Sandwich
October 12th Corn Dog Nuggets Crinkle Cut Fries Orange Low/Non Fat Milk	October 13th BBQ Rib Sandwich Baked Beans Applesauce Low/Non Fat Milk	October 14th Pasta with Meatsauce Steamed Carrots and Broccoli Medley Peaches Low/Non Fat Milk	October 15th Cheeseburger on Bun Sweet Potato Waffle Fries Pears Low/Non Fat Milk	October 16th Pizza Mixed Vegetables Apple Low/Non Fat Milk	Chicken Nuggets With Bread Slice
October 19th Hot Dog on Bun Tater Tots Pineapple Tidbits Low/Non Fat Milk	October 20th Taco Tuesday! Crunch Beef Tacos with Rice Refried Beans Mandarin Oranges Low/Non Fat Milk	October 21st Grilled Cheese Sandwich Golden Corn Mixed Fruit Low/Non Fat Milk	October 22nd Popcorn Chicken Bowl with Bread Mashed Potatoes Apple Low/Non Fat Milk	October 23rd Pizza Sweet Peas Peaches Low/Non Fat Milk	Chicken Patty Sandwich
October 26th Chicken Patty on Bun Tater Tots Mixed Fruit Low/Non Fat Milk	October 27th Macaroni and Cheese with Bread Slice Steamed Green Beans Pears Low/Non Fat Milk	October 28th Lasagna Roll up with Bread Steamed Broccoli Peaches Low/Non Fat Milk	October 29th French Toast Sticks Sausage Patties Potato Rounds Apple Low/Non Fat Milk	October 30th Pizza Honey Glazed Carrots Orange Low/Non Fat Milk	Chicken Nuggets With Bread Slice

