

Frazier Elementary/Middle School

May 2021 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
May 3rd French Toast Sticks with Sausage Patties Potato Rounds Peaches Low/Non Fat Milk	May 4th Beef Nachos with Cheese Sauce and Bread Slice Steamed Broccoli Pears Low/Non Fat Milk	May 5th Meatballs with Marinara and Garlic Breadsticks Green Beans Applesauce Low/Non Fat Milk	May 6th Grilled Cheese Mixed Vegetables Mixed Fruit Low/Non Fat Milk	May 7th Pizza Honey Glazed Carrots Apple Low/Non Fat Milk	Corn Dog Nuggets
May 10th Chicken Burrito Black Beans Pears Low/Non Fat Milk	May 11th Macaroni and Cheese with Bread Slice Mixed Vegetables Applesauce Low/Non Fat Milk	May 12th Chicken Parmesan Steamed Carrots Apple Low/Non Fat Milk	May 13th Lasagna Rollup with Breadstick Green Beans Pears Low/Non Fat Milk	May 14th Pizza Golden Corn Peaches Low/Non Fat Milk	BBQ Rib on Bun
May 17th Cheeseburger on Bun French Fries Apple Low/Non Fat Milk	May 18th Walking Taco with Bread Slice Green Beans Applesauce Low/Non Fat Milk	May 19th Italian Dunkers Steamed Broccoli Mandarin Oranges Low/Non Fat Milk	May 20th Hot Dog in a Blanket Baked Beans Pears Low/Non Fat Milk	May 21st Pizza Mixed Vegetables Mixed Fruit Low/Non Fat Milk	Chicken Nuggets with Bread Slice
May 24th Popcorn Chicken Bowl with Bread Slice Mashed Potatoes with Gravy Peaches Low/Non Fat Milk	May 25th Pasta with Meatsauce Garlic Breadstick Green Beans Pears Low/Non Fat Milk	May 26th Corn Dog Nuggets Honey Glazed Carrots Mixed Fruit Low/Non Fat Milk	May 27th Pancakes with Sausage Patties Potato Rounds Mandarin Oranges Low/Non Fat Milk	May 28th No School	Chicken Nuggets with Bread Slice
May 31st Memorial Day Holiday No School			Breakfasts and Lunches are FREE for ALL Students until the end of the school year!		Chicken Patty on Bun  Whole Grains Available Daily