

Frazier Elementary

March 2019 Lunch Menu

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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	Weekly Choices
 <p>What Makes a Meal? You must choose at least 3 of 5 components available for the school lunch price.</p> <p>Choice of Meat or Meat Alternate Choice of Vegetable, Choice of Fruit* Choice of Grain/Bread, and Choice of Milk <i>*Students must choose at least one fruit or vegetable</i></p> 					March 1st Green Eggs and Ham Who-hashbrowns Pears Low/Non Fat Milk Dr. Seuss Birthday- March 2	Chicken Patty Sandwich Hot Ham and Cheese on Bun Salad Bar- Thursday
	March 4th Hot Dog on Bun Baked Beans Peaches Low/Non Fat Milk	March 5th Pepperoni Pinwheels Steamed Carrots Pears Low/Non Fat Milk	March 6th Fish Sandwich with Cheese French Fries Mandarin Oranges Low/Non Fat Milk	March 7th Steak and Cheese Hoagie Steamed Broccoli Apple Low/Non Fat Milk	March 8th Italian Dunkers Steamed Green Beans Applesauce Low/Non Fat Milk	Chicken Nuggets With Bread Slice Pizza Salad Bar- Thursday
<p>Fresh Fruits and Vegetables Offered Daily</p> <p>*Vegetables include: Broccoli Florets Baby Carrots Dark Leafy Greens Legume Salads Celery & Cucumber *May choose two 1/2 cup servings</p> <p>*Fruits include: Crisp Apple Sliced Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Diced Pears Applesauce *May choose 1/2 cup serving</p> <p>MENUS SUBJECT TO CHANGE</p> 	March 11th Meatballs with Marinara and Garlic Breadsticks Steamed Green Beans Pineapple Tidbits Low/Non Fat Milk	March 12th French Toast Sticks with Sausage Patties Potato Rounds Applesauce Low/Non Fat Milk	March 13th Sweet and Sour Pork over White Rice Steamed Broccoli Peaches Low/Non Fat Milk	March 14th Mini Corn Dogs Mixed Vegetables Apple Slices Low/Non Fat Milk	March 15th Tuna Melts French Fries Steamed Carrots Mixed Fruit Low/Non Fat Milk	Chicken Patty Sandwich BBQ Rib Sandwich Salad Bar- Thursday
	March 18th Beef Nachos with Cheese Sauce Steamed Broccoli Applesauce Low/Non Fat Milk	March 19th Popcorn Chicken Bowl with Bread Slice Steamed Corn Pears Low/Non Fat Milk	March 20th Chicken Quesadilla Spanish Rice Black Beans Apple Low/Non Fat Milk Filled Churros	March 21st WOK STATION Mixed Vegetables Mandarin Oranges Low/Non Fat Milk	March 22nd Macaroni and Cheese with Breadstick Steamed Carrots Peaches Low/Non Fat Milk	Chicken Nuggets With Bread Slice Pizza Salad Bar- Wednesday
	March 25th General Tso with Rice Steamed Broccoli Mixed Fruit Low/Non Fat Milk	March 26th Walking Taco with Bread Steamed Peas Applesauce Low/Non Fat Milk	March 27th BBQ Pulled Pork Steamed Green Beans Peaches Low/Non Fat Milk	March 28th Lasagna Rollups with Garlic Breadstick Mixed Vegetables Apple Low/Non Fat Milk	March 29th Grilled Cheese Honey Glazed Carrots Mandarin Oranges Low/Non Fat Milk	Chicken Patty Sandwich Mini Corn Dog Nuggets Salad Bar- Thursday Whole Grains Available Daily 
<p>Milk Choices Offered Daily Low Fat Chocolate, Fat Free Strawberry, Fat Free Vanilla and Low Fat White</p> <p>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</p>						