

# Frazier High School March 2019 Lunch Menu



Food Service Director: Kelly Calderone

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## The Deli

Daily Choices May Include:  
 Grilled Chicken Patty Sandwich  
 Spicy Chicken Patty Sandwich  
 Breaded Chicken Patty Sand  
 Hamburger or Cheeseburger  
 BBQ Rib Sandwich

## The Pizzeria

Pizza available daily may Include:

Pepperoni Pizza  
 Cheese Pizza  
 White Pizza  
 Buffalo Chicken Pizza  
 Chicken Fajita Pizza

## Grab & Go

A wide variety of sandwiches, wraps, specialty salads and parfaits are available daily!

Whole Grains Available Daily



Monday	Tuesday	Wednesday	Thursday	Friday
				<b>March 1st</b> Homemade Meatloaf Steamed Green Peas Pears Low/Non Fat Milk
<b>March 4th</b> Hot Dog on Bun Baked Beans Peaches Low/Non Fat Milk	<b>March 5th</b> Pepperoni Pinwheels Steamed Carrots Pears Low/Non Fat Milk	<b>March 6th</b> Fish Sticks with Bread Slice French Fries Mandarin Oranges Low/Non Fat Milk	<b>March 7th</b> Chili with Biscuits Mixed Vegetables Apple Low/Non Fat Milk	<b>March 8th</b> Italian Dunkers Steamed Green Beans Applesauce Low/Non Fat Milk
<b>March 11th</b> Meatballs with Marinara and Garlic Breadsticks Steamed Green Beans Pineapple Tidbits Low/Non Fat Milk	<b>March 12th</b> French Toast Sticks with Sausage Patties Potato Rounds Applesauce Low/Non Fat Milk	<b>March 13th</b> Sweet and Sour Pork over White Rice Steamed Broccoli Peaches Low/Non Fat Milk	<b>March 14th</b> Corn Dog on a Stick Mixed Vegetables Apple Slices Low/Non Fat Milk	<b>March 15th</b> Tuna Melts Steamed Carrots Mixed Fruit Low/Non Fat Milk
<b>March 18th</b> Beef Nachos with Cheese Sauce Steamed Broccoli Applesauce Low/Non Fat Milk	<b>March 19th</b> Popcorn Chicken Bowl with Bread Slice Steamed Corn Pears Low/Non Fat Milk	<b>March 20th</b> Breakfast Burger Potato Rounds Apple Low/Non Fat Milk	<b>March 21st</b> Chicken Quesadilla Spanish Rice Black Beans Mandarin Oranges Low/Non Fat Milk Filled Churros	<b>March 22nd</b> Macaroni and Cheese with Dinner Roll Steamed Carrots Pineapple Tidbits Low/Non Fat Milk
<b>March 25th</b> General Tso with Rice Steamed Broccoli Mixed Fruit Low/Non Fat Milk	<b>March 26th</b> Walking Taco with Bread Slice Steamed Peas Applesauce Low/Non Fat Milk	<b>March 27th</b> BBQ Pulled Pork Steamed Green Beans Peaches Low/Non Fat Milk	<b>March 28th</b> Lasagna Rollup with Garlic Breadstick Mixed Vegetables Apple Low/Non Fat Milk	<b>March 29th</b> Grilled Cheese Tomato Soup Steamed Carrots Mandarin Oranges Low/Non Fat Milk

## Accompaniments

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

\*Vegetable Bar includes:

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

\*Fruits include:

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

## Milk

Milk Choices Offered Daily:  
 1% white, non-fat white, non-fat flavored

## Proud to manage your food service program

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**