

Frazier Middle School March 2019 Lunch Menu



Food Service Director: Kelly Calderone

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724-736-1107

The Grille

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

The Pizzeria

If Pizza's available -may Include:

Pepperoni Pizza
 Cheese Pizza
 White Pizza
 Buffalo Chicken Pizza



Whole Grains
 Available Daily

NOW HIRING SUBSTITUTE

CAFETERIA WORKERS

APPLY AT THE

ADMINISTRATION BUILDING

Monday	Tuesday	Wednesday	Thursday	Friday
				March 1st Green Eggs and Ham Who-hashbrowns Pears Low/Non Fat Milk Dr. Seuss Birthday— March 2
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
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 Apple Slices Low/Non Fat Milk	March 14th Mini Corn Dogs Mixed Vegetables Apple Slices Low/Non Fat Milk	March 15th Tuna Melts Steamed Carrots Mixed Fruit Low/Non Fat Milk
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 -SALAD BAR WEDS.-	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
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 Corn Dog on Stick Honey Glazed Carrots Mandarin Oranges Low/Non Fat Milk

Accompaniments

*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

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

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