

Frazier High School December 2020 Lunch Menu



Food Service Director: Kelly Calderone

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724-736-9507 x431

The Deli	Monday	Tuesday	Wednesday	Thursday	Friday
		December 1st General Tso with Rice Steamed Broccoli Mixed Fruit Low/Non Fat Milk	December 2nd Meatballs with Garlic Breadsticks Steamed Green Beans Apple Low/Non Fat Milk	December 3rd Macaroni and Cheese with Bread Stewed Tomatoes Pears Low/Non Fat Milk	December 4th Pizza Honey Glazed Carrots Peaches Low/Non Fat Milk
The Pizzeria		December 7th Italian Dunkers Steamed Green Beans Pears Low/Non Fat Milk	December 8th Walking Tacos Golden Corn Apple Low/Non Fat Milk	December 9th BBQ Chicken BBQ Baked Beans Applesauce Low/Non Fat Milk	December 10th Popcorn Chicken Bowl with Bread Slice Mashed Potatoes Peaches Low/Non Fat Milk
		December 11th Pepperoni Pinwheels Steamed Peas Mixed Fruit Low/Non Fat Milk	December 14th French Toast Sticks with Sausage Patties Potato Rounds Peaches Low/Non Fat Milk	December 15th Beef Nachos with Cheese Sauce and Sliced Bread Mexican Corn Pears Low/Non Fat Milk	December 16th General Tso with Rice Steamed Broccoli Mandarin Oranges Low/Non Fat Milk
Grab & Go		December 17th Holiday Lunch Au Gratin Potatoes Apple Low/Non Fat Milk Dessert	December 18th Cheeseburger on Bun Baked Beans Applesauce Low/Non Fat Milk	December 21st Christmas Holiday Break No School	December 22nd Christmas Holiday Break No School
		December 23rd Christmas Holiday Break No School	December 24th Christmas Holiday Break No School	December 25th Christmas Holiday Break No School	December 28th Christmas Holiday Break No School
Whole Grains Available Daily		December 29th Christmas Holiday Break No School	December 30th Christmas Holiday Break No School	December 31st Christmas Holiday Break No School	December 31st Christmas Holiday Break No School
					December 31st Christmas Holiday Break No School



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

***Vegetable Bar includes:**

***Fruits include:**

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

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



Milk Choices Offered Daily:

1% white, non-fat white, non-fat flavored



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