

**The Frazer Center Menu-December 2016**

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Hashbrowns, turkey sausage patties, sliced oranges, milk	French toast, applesauce, milk
			Lasagna w/meat sauce, green beans, pears, milk (Veggie lasagna)	BBQ chicken strips, steamed broccoli, dinner rolls, mandarin oranges, milk (V=Veggie quesadilla w/broccoli, cheese)
			Apple butter and Pita bread	Blueberry muffins, water
			Mandarin oranges, water	Orange slices, water
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Oatmeal, turkey sausage patties, mandarin oranges, milk	Turkey sausage patties, biscuit, applesauce, milk	Whole grain pancakes, apple slices, milk	Breakfast burrito(egg, cheese, green pepper, onion), peaches, milk	Cheese toast, applesauce, milk
Chicken, Black beans w/tomatoes, fresh melons, milk (V=Black beans w/tomatoes, Grilled cheese sandwich)	BBQ Turkey meatballs, lima beans, bananas, milk (V=Veggie meatballs)	Vegetable soup, crackers, pineapples, milk	Macaroni & cheese, green beans, melon, milk	Veggie Lasagna, peas, pears, milk
Apple butter and Pita bread	Whole wheat bagel w/cream cheese, water	Chicken salad, crackers, water	Cheese cubes, crackers, water	Blueberry muffins, water
Bananas, water	Sliced pears, water	Orange slices, water	Mandarin oranges, water	Orange slices, water
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Waffles, applesauce, milk	Hashbrowns, scrambled eggs, banana, milk	Butter grits, turkey sausage patties, sliced apples, milk	Hashbrowns, turkey sausage patties, sliced oranges, milk	French toast, applesauce, milk
Pasta w/meat sauce (ground turkey), broccoli, peaches, milk(V=pasta w/red sauce)	Cheese Pizza, corn, Mandarin oranges, milk	Chicken Alfredo, peas, sliced apples, milk(V=Veggie chicken nuggets)	Lasagna w/meat sauce, green beans, pears, milk (Veggie lasagna)	BBQ chicken strips, steamed broccoli, dinner rolls, mandarin oranges, milk (V=Veggie quesadilla w/broccoli, cheese)
Whole wheat bagel w/cream cheese, water	Cheese cubes, crackers, water	Chicken salad, crackers, water	Apple butter and Pita bread	Blueberry muffins, water
Bananas, water	Sliced pears, water	Orange slices, water	Mandarin oranges, water	Orange slices, water
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Oatmeal, turkey sausage patties, mandarin oranges, milk	Turkey sausage patties, biscuit, applesauce, milk	Whole grain pancakes, apple slices, milk	Breakfast burrito(egg, cheese, green pepper, onion), peaches, milk	
Chicken, Black beans w/tomatoes, fresh melons, milk (V=Black beans w/tomatoes, Grilled cheese sandwich)	BBQ Turkey meatballs, lima beans, bananas, milk (V=Veggie meatballs)	Vegetable soup, crackers, pineapples, milk	Macaroni & cheese, green beans, melon, milk	<b>CLOSED</b>
Whole wheat bagel w/cream cheese, water	Cheese cubes, crackers, water	Chicken salad, crackers, water	Apple butter and Pita bread	
Bananas, water	Sliced pears, water	Orange slices, water	Mandarin oranges, water	
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>	<b>CLOSED</b>