



The Frazer Center Menu-March 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Plain omelet, turkey sausage patties, pears, milk	Cheerios, berries, milk	French toast, apple slices, milk
		Chicken teriyaki (V-veggie stir fry), brown rice, apples, milk	Lasagna w/meat sauce, green beans, pears, milk (Veggie lasagna)	BBQ chicken strips, steamed broccoli, dinner rolls, pears, milk(V=BBQ veggie strips)
		Berry Nutrigrain bar, water	Apple butter and Pita bread	Blueberry muffins, water
		Orange slices, water	Pineapple, water	Bananas, water
6	7	8	9	10
Butter grits, bananas, milk	Cheese omelette,turkey sausage patties, berries, milk	Whole grain pancakes, orange slices, milk	Cherrios, berries, milk	Sausage and egg burrito (v-cheese omelette), pineapple, milk
Black bean burger with whole wheat bun, baked sweet potato wedges, sliced pears, milk	Vegetable soup, whole wheat pita bread triangles, apples, milk	Red beans and rice, mixed veggies, pears, milk	Chicken teriyaki (V-veggie stir fry), brown rice, apples, milk	Chicken strips, tossed salad w/ranch, bananas, milk (V=Veggie patty)
Cucumber slices, hummus, water	Goldfish crackers, water	Berry Nutrigrain bar, water	Cheese cubes, crackers, milk	Yogurt, water
Orange slices, water	Bananas, water	Apples, water	Orange slices, water	Bananas, water
13	14	15	16	17
Oatmeal, bananas, milk	Waffles, applesauce, milk	Cheese omelette,turkey sausage patties, oranges, milk	Cheerios, berries, milk	Whole grain pancakes, orange slices, milk
Fish nuggets, green peas, melons, milk (v=veggie patty)	Cheese tortellini w/ red sauce, peas, apple slices, milk	Vegetable soup, whole wheat pita bread triangles, apples, milk	Chicken Alfredo, pineapple, milk(V=Veggie chicken nuggets)	BBQ chicken strips, steamed broccoli, mashed sweet potatoes, oranges, milk (V=BBQ veggie strips)
Cucumber slices, hummus, water	Berry Nutrigrain bar, water	Yogurt, water	Goldfish crackers, water	Cheese cubes, crackers, water
Apple slices, water	Bananas, water	Apple slices, water	Orange slices, water	Pineapples, water
20	21	22	23	24
Cheerios, bananas, milk	Oatmeal, berries, milk	Whole grain pancakes, sliced oranges, milk	Cheese omelette,turkey sausage patties, applesauce, milk	French toast, bananas, milk
Chicken teriyaki (V-veggie stir fry), brown rice, apples, milk	Chicken strips, tossed salad w/ranch, bananas, milk (V=Veggie patty)	Lasagna w/meat sauce, green beans, pineapples, milk (Veggie lasagna)	Red beans and rice, mixed veggies, pears, milk	BBQ chicken strips, steamed broccoli, dinner rolls, pineapples, milk(V=BBQ veggie strips)
Cucumber slices, hummus, water	Berry Nutrigrain bar, water	Goldfish crackers, water	Blueberry muffins, water	Yogurt, water
Pineapples, water	Pears, water	Apple slices, water	Sliced oranges, water	Pears, water
27	28			
Cheerios, berries, milk	Waffles, pears, milk			
Fish nuggets, green peas, melons, milk (v=veggie patty)	Vegetable soup, whole wheat pita bread triangles, apples, milk			
Goldfish crackers, water	Cheese cubes, crackers, water			
Bananas, water	Orange slices, water			