



**The Frazer Center Menu-February 2017**

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