



frazer center

gather. learn. flourish.

The Frazer Center Menu October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Whole grain pancakes, peaches, milk	Cheerios, bananas, milk	Biscuit w/jelly, bananas, milk	Cheese toast, orange slices. milk	Corn Flakes, fruit medley, milk
Turkey, cheese, spinach wrap Veggie: Spinach wrap, bananas, milk	Fish Sticks, Veggie: Veggie Nuggets, carrots, peas, milk	Italian pasta,(Squash , Zucchini,), oranges,milk	Sliced turkey w/ gravy, Green Beans, Cantaloupe	Chicken Nuggets/ Veggie Nuggets, broccoli, oranges, milk
Cheese String	Cucumbers w/ Hummus	Cheese Cubes w/ Wheat Crackers	Pretzel Snack Mix	Yogurt
Orange Slices	Bananas	Cantaloupe	Watermelon	Apple slices
9	10	11	12	13
Mini whole wheat bagels w/cream cheese, strawberries, milk	Biscuit w/jelly, bananas, milk	Whole grain pancakes, peaches, milk	Cheerios, Apples, milk	Blueberry Muffins, Bananas, milk
Cheese pizza, green beans, carrots, milk	Teriyaki Chicken, Rice, Mixed vegetables berries, milk Veggie : Egg roll	Cheese Ravioli, steamed broccoli, melon, milk	Turkey meatballs, Mashed potatoes, Green beans, melon / Veggie: Vegetable wrap	Fish Sticks, peas, carrots, , milk / Vegetarians: Italian pasta
Crackers w/ Sunflower butter	Pretzels	Cheese cubes w/ wheat crackers	Whole wheat pita triangles, hummus	Goldfish
Watermelons	Apple slices	Strawberries	Apple slices	Watermelon slices
16	17	18	19	20
Waffles sticks, pineapple chunks, milk	Cheese omelette, wheat toast, fruit medley, milk	Mini whole wheat bagels w/cream cheese, strawberries, milk	Corn flakes, strawberries, milk	Cinnamon Oatmeal, apples, milk
Pinto Bean Cheesy Taco (w/lettuce & tomato), corn, milk	Italian pasta,(Squash and Zucchini,), oranges,milk	Turkey, cheese, spinach wrap(whole wheat)/Spinach wrap, bananas, milk	Chicken Nuggets, Veggie: (veggie nuggets,) green beans, roasted sweet potatoes ,milk	Turkey Cheese Burgers w/ lettuce & tomato, Oranges, Vegetarians: Veggie Burgers
Cucumbers w/Hummus	Nutri Grain bars	Crackers and Sunflower butter	Cheese String	Goldfish
Bananas	Cantaloupe	Orange slices	Apple slices	Strawberries
23	24	25	26	27
Biscuit w/turkey sausage, bananas, milk	Whole grain pancakes, peaches, milk	scrambled eggs, Strawberries, milk	Cheerios, bananas, milk	Cheese toast, orange slices, milk
Broccoli and Rice Casserole, pineapple chunks, milk	Teriyaki Chicken, Rice, Mixed vegetables berries, milk Veggie : (Egg roll)	Crunchy Hawaiian chicken wrap,Veggie: (hummus wrap), melon, milk	Cheese pizza, green beans, carrots, milk	Fish Sticks, Veggie:(Veggie nuggets) , roasted sweet potatoes, milk
Crackers and Sunflower butter	Whole wheat pita triangles & hummus	Nutri Grain bars	Pretzel Snack Mix	Strawberry Parfait
Orange slices	Bananas	Orange slices	Cantaloupe	Apple slices
30	31			
Cinnamon Oatmeal, apples, milk	Biscuit w/ turkey sausage, bananas, milk			
Pinto Bean Cheesy Taco (w/lettuce & tomato), corn, milk	Italian pasta,(tomatoes, onions), corn, Apples, milk			
Yogurt	Cucumbers w/Hummus			
Watermelon	Bananas			