

The Frazer Center Menu November 2017



**frazer center**  
gather. learn. flourish.

Monday	Tuesday	Wednesday	Thursday	Friday
		<b>1</b>	<b>2</b>	<b>3</b>
		Waffles, w/ syrup , bananas, milk	Corn flakes, orange slices. milk	Oatmeal, fruit medley, milk
		Turkey ravioli, Green beans, Corn, Oranges,milk	Hearty Chicken noodle soup(celery,carrots, onions), Vegetarian: Creamy Noodle Soup, oranges	Chicken Nuggets/ Veggie Nuggets, broccoli, oranges, milk
		Avocado Dip w/ Wheat Crackers	Turkey and Cheese Roll Ups	Homemade Oatmeal Energy Bites
<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>	<b>10</b>
Grits, Turkey Sausage, Bananas, milk	Corn Flakes, bananas, milk	Whole grain pancakes, peaches, milk	Cheerios, Apples, milk	Waffles, Scrambled Eggs, oranges milk
Broccoli Mac and cheese , Green Beans, milk	Teriyaki Chicken, Rice, Mixed vegetables berries, milk Veggie : Vegetable Stir Fry	Honey lemon baked chicken, lima beans, peaches, milk (V= honey lemon veggie chicken)	Meatloaf, Mashed potatoes, Green beans, Veggie: Vegetable loaf	Minestrone soup, Whole wheat rolls, (peas,carrots, potatoes) apples, milk
Crackers w/ Sunflower butter	Baked Apple Chips	Cheese cubes w/ wheat crackers	Crackers and Avocado Dip	bean and cheese quesadillas
Watermelons	Oranges	Strawberries	Blueberries	Bananas
<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>	<b>17</b>
Cheerios, bananas, milk	Cheese omelette, wheat toast, fruit medley, milk	Grits, Turkey Sausage, Bananas, milk	Corn flakes, strawberries, milk	Cinnamon Oatmeal, apples, milk
Turkey Pizza (or Cheese Pizza), peas, carrots, milk	Turkey Spaghetti, (Vegetarian: Meatless Spaghetti) Green beans, milk	cheese ravioli, steamed broccoli, fruit medley milk	Chicken Nuggets, Veggie: (veggie nuggets,) green beans, roasted sweet potatoes ,milk	Southwestern Turkey Chili, (Vegetarian Chili), Corn muffin, milk
Apples and naturally sweetened vanilla greek yogurt dip	Crackers and Sunflower butter	cucumbers and hummus dip	No-sugar added oatmeal raisin cookies	Turkey and Cheese Roll-ups (vegetarian: cheese and crackers)
Oranges	Blueberries	Orange slices	Apple slices	Strawberries
<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
Biscuit w/turkey sausage, bananas, milk	Cherrios , berries, Milk			
Chicken Nuggets, Corn, broccoli , Milk	Turkey, w/ gravy Stuffing with cranberry sauce, w/ green beans and carrots, corn muffin, milk	Thanksgiving Break	Thanksgiving Break	Thanksgiving Break
Crackers and Sunflower butter	cucumbers and hummus dip			
Orange slices	Bananas			
<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	
Cinnamon Oatmeal, apples, milk	Biscuit w/ turkey sausage, bananas, milk	Cherrios, peaches, milk	Waffles, Turkey Sausage , Peaches, Milk	
Hearty Chicken noodle soup(celery,carrots, onions), Vegetarian: Creamy Noodle Soup, oranges	Italian pasta,(tomatoes, squash, onions, zucchini), milk	Honey lemon baked chicken, lima beans, peaches, milk (V= honey lemon veggie chicken)	Meatloaf, Mashed potatoes, Green beans, Veggie: Vegetable meatloaf	
Homemade Oatmeal Energy Bites	Turkey and Cheese Roll-up (Veg Option: Crackers and Cheese)	Cucumbers w/Hummus	Avocado Toast	
Oranges	Bananas	Apples	Bananas	