

The Frazer Center Menu

February 2018



Monday		Tuesday		Wednesday		Thursday		Friday	
						1		2	
						Blueberry Muffins, Apple Slices & Ice Cold Milk		Corn Flakes, Sliced Bananas & Ice Cold Milk	
						Ground Turkey Cheese Ravioli (Veg: Cheese Ravioli), Peas, Orange Slices & Ice Cold Milk		Italian Cheese Pizza w/ Turkey Pepperoni (Vegetarian: Cheese), Tossed Salad, Fresh Strawberries & Ice Cold Milk	
						Cheese Cubes & Crackers		Sunflower Butter & Crackers	
						Fresh Raspberries		Apple Slices	
5		6		7		8		9	
Waffles w/ Syrup, Orange Slices & Ice Cold Milk		Rice Krispies Cereal, Sliced Bananas & Ice Cold Milk		Butter Grits, Turkey Sausage, Apple Slices & Ice Cold Milk		Oatmeal Breakfast Bar, Fruit Medley & Ice Cold Milk		Cheerios, Sliced Bananas & Ice Cold Milk	
Turkey Chili (Veggie Crumbles), Cornbread, Sliced Bananas & Ice Cold Milk		Chicken Fingers (Veggie Nuggets), Corn, Sliced Honeydew & Ice Cold Milk		Ground Turkey Soft Tacos (Veggie Crumbles), Green Beans, Fresh Blackberries & Ice Cold Milk		Cheesy Chicken & Rice (Veggie Crumbles), Broccoli, Orange Slices & Ice Cold Milk		Spaghetti w/ Ground Turkey (Veggie Crumbles), Tossed Salad, Fresh Raspberries & Ice Cold Milk	
Cucumber w/ Hummus & Pita Triangles		Soybutter & Jelly Sandwiches		Graham Crackers & Cream Cheese		Apple Slices & Vanilla Yogurt Dip		Mini Bagels & Cream Cheese	
Apple Slices		Fresh Blackberries		Orange Slices		Fresh Strawberries		Apple Slices	
12		13		14		15		16	
Brown Sugar & Cinnamon Oatmeal, Apple Slices & Ice Cold Milk		Orange-Cranberry Muffins, Orange Slices & Ice Cold Milk		Waffles w/ Syrup, Peaches & Ice Cold Milk		Butter Biscuits w/ Jelly, Turkey Sausage, Apple Slices & Ice Cold Milk		Rice Krispies, Fresh Strawberries & Ice Cold Milk	
Homemade Turkey Stroganoff (Veggie Crumbles), Broccoli, Sliced Bananas & Ice Cold Milk		Vegetable Lasagna, Tossed Salad, Fresh Canteloupe & Ice Cold Milk		Chicken Nuggets, Green Beans, Whole Wheat Roll, Apple Slices & Ice Cold Milk		Turkey Burger w/ Cheese (Vegetarian: Black Bean Patty), Corn, Fresh Strawberries & Ice Cold Milk		Homemade Chicken Noodle Soup, Peas/Carrots Mix, Sliced Bananas & Ice Cold Milk	
Corn Muffin & Dried Cranberries		Sliced Apples & Honey Greek Yogurt Dip		Cucumbers w/ Hummus Dip & Crackers		Banana & Soybutter Rollups		Cheese Toast	
Orange Slices		Sliced Strawberries		Orange Slices		Apple Slices		Fresh Blueberries	
19		20		21		22		23	
Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk		Cheerios, Fresh Canteloupe & Ice Cold Milk		Banana Muffin, Orange Slices & Ice Cold Milk		Waffles w/ Syrup, Mixed Berries & Ice Cold Milk		Parfaits (Soy Granola, Vanilla Yogurt w/ Strawberries & Blueberries) & Ice Cold Milk	
Chicken Teriyaki, Corn, Whole Wheat Roll, Peaches & Ice Cold Milk		Turkey Sloppy Joe (Veggie Crumbles) on Whole Wheat Bun, Tator Tots, Apple Slices & Ice Cold Milk		Chicken Pasta Bake (Vegetarian Crumbles), Broccoli, Orange Slices & Ice Cold Milk		Chicken Patty Burger (Vegetarian Black Bean Burger), Sweet Potato Fries, Apple Slices & Ice Cold Milk		Turkey Meatball Subs (Vegetarian Nuggets), Sweet Potato Waffle Fries, Watermelon & Ice Cold Milk	
Turkey & Cheese Rollup (Cheese Rollup)		Cheese Toast		Graham Crackers & Dried Cranberries		Mini Bagels & Cream Cheese		Cucumbers, Ranch Dressing & Crackers	
Orange Slices		Fresh Blackberries		Apple Slices		Fresh Strawberries		Sliced Bananas	
26		27		28					
Corn Flakes, Sliced Bananas & Ice Cold Milk		Buttered Biscuits, Turkey Sausage, Peaches & Ice Cold Milk		Butter Grits, Toast w/ Jelly, Oranges Slices & Ice Cold Milk					
Sweet & Sour Chicken (Sweet & Sour Stir Fry Vegetables) w/ Stir Fry Vegetables, Rice, Pineapples & Ice Cold Milk		Spaghetti w/ Ground Turkey (Veggie Crumbles), Corn, Oranges Slices & Ice Cold Milk		Lemon Pepper Baked Chicken (Veggie Nuggets), Brown Rice, Green Beans, Apple Slices & Ice Cold Milk					
Graham Crackers & Cream Cheese		Pita Bread Triangles & Roasted Red Pepper Hummus		Turkey and Cheese Roll-up (Veg Option: Crackers and Cheese)					
Sliced Bananas		Sliced Apples		Orange Slices					