

The Frazer Center Menu January 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
		Buttered Waffles w/ Syrup, Sliced Bananas & Ice Cold Milk	Corn Flakes, Sliced Apples & Ice Cold Milk	Homemade Banana Bread, Sliced Oranges & Ice Cold Milk
<b>CLOSED</b>	<b>Teacher Work Day - No School</b>	BBQ Turkey Meatloaf (Veggie Nuggets), Mashed Potatoes, Broccoli & Ice Cold Milk	Spaghetti w/ Ground Turkey (Vegetarian: Veggie Crumbles), Green Beans, Sliced Oranges & Ice Cold Milk	Chicken Nuggets/ Veggie Nuggets, Broccoli, Butter Bread, Sliced Bananas & Ice Cold Milk
		Blueberry Muffins	Graham Crackers w/ Cream Cheese	Tortilla Chips, Salsa and Shredded Cheese
		Sliced Oranges	Fresh Blueberries	Sliced Apples
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
Cheese Grits, Turkey Sausage, Sliced Apples & Ice Cold Milk	Corn Flakes, Bananas & Ice Cold Milk	Whole Grain Waffles w/ Syrup, Peaches & Ice Cold Milk	Cheerios, Sliced Apples & Ice Cold Milk	Warm Pancakes w/ Syrup, Turkey Sausage, Blueberries & Ice Cold Milk
Teriyaki Chicken w/ Stir Fry Vegetables (Vegetarian Teriyaki Stir Fry Vegetables), Rice, Sliced Bananas & Ice Cold Milk	BBQ Chicken (Veggie Nuggets), Broccoli, Mashed Potatoes, Sliced Oranges & Ice Cold Milk	Chicken Patty on Whole Wheat Bun (Veggie Burger), Corn, Sliced Apples & Ice Cold Milk	Baked Ziti w/ Ground Turkey (Veggie Crumbles), Green Beans, Sliced Bananas & Ice Cold Milk	Turkey Tacos (Soft Tortilla) / (Veggie Crumbles), Corn, Sliced Bananas & Ice Cold Milk
Cucumber w/ Hummus & Pita Triangles	Trail Mix (Cheerios, Dried Cranberries, Pretzels & Animal Crackers)	Cheese cubes w/ Ritz crackers	Soybutter & Jelly Sandwiches	Corn Muffins & Dried Cranberries
Fresh Strawberries	Sliced Apples	Sliced Oranges	Fresh Blueberries	Sliced Bananas
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
	Cheese Omelette, Buttered Whole Wheat Toast, Fruit Medley & Ice Cold Milk	Grits, Turkey Sausage, Sliced Apples & Ice Cold Milk	Corn Flakes, Sliced Oranges & Ice Cold Milk	Brown Sugar & Cinnamon Oatmeal, Sliced Apples & Ice Cold Milk
<b>Martin Luther King Jr. Day - Closed</b>	Turkey Spaghetti (Vegetarian-No Meat), Green Beans, Sliced Oranges & Ice Cold Milk	Turkey Cheese Ravioli (Cheese Ravioli), Peas, Fruit Medley & Ice Cold Milk	Chicken Nuggets (Vegetarian Nuggets), Sweet Potato Tots, Sliced Strawberries & Ice Cold Milk	Turkey Chili (Vegetarian Chili), Corn Muffins, Sliced Bananas & Ice Cold Milk
	Graham Crackers & Sliced Bananas	Cucumbers w/ Hummus Dip & Crackers	Mini Bagel w/ Cream Cheese	Turkey and Cheese Roll-ups (vegetarian: cheese and crackers)
	Sliced Apples	Orange slices	Apple slices	Fresh Strawberries
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Warm Buttered Biscuit, Turkey sausage, Sliced Bananas & Ice Cold Milk	Parfaits (Granola, Vanilla Yogurt, Strawberries & Blueberries) & Ice Cold Milk	Warm Blueberry Muffins, Sliced Bananas & Ice Cold Milk	Warm Waffles w/ Syrup, Mixed Berries & Ice Cold Milk	Cheerios, Sliced Banana & Ice Cold Milk
Chicken Quesadilla w/ Salsa (Cheese Quesadilla), Corn, Peaches & Ice Cold Milk	Turkey Stroganoff (Vegetarian Crumbles), Peas, Sliced Oranges & Ice Cold Milk	Chicken Pasta Bake (Vegetarian Crumbles), Broccoli, Fruit Medley & Ice Cold Milk	Chicken Patty Burger (Vegetarian Black Bean Burger), Sweet Potato Fries, Sliced Apples & Ice Cold Milk	Turkey Meatloaf, Mashed Potatoes, Green Beans, Sliced Strawberries & Ice Cold Milk
Sliced Apples w/ Greek Yogurt Dip	Cucumber w/ Ranch Dip & Pita Triangles	Warm Buttered Cinnamon Raisin Bagel	Tortilla Chips (Soft Tortilla), Salsa & Shredded Cheese	Crackers & Sunflower Butter
Orange slices	Sliced Bananas	Sliced Apples	Fresh Strawberries	Sliced Oranges
<b>29</b>	<b>30</b>	<b>31</b>		
Brown Sugar & Cinnamon Oatmeal, Sliced Oranges & Ice Cold Milk	Warm Buttered Biscuits, Turkey Sausage, Peaches & Ice Cold Milk	Cheerios, Sliced Bananas & Ice Cold Milk		
Turkey Meatball Subs (Veggie Nuggets), Tator Tots, Sliced Apples & Ice Cold Milk	Sweet & Sour Chicken (Sweet & Sour Veggies), Broccoli, Rice, Pineapples & Ice Cold Milk	Turkey Burger (Vegetarian Black Bean Patty), Green Beans, Sliced Apples & Ice Cold Milk		
Graham Crackers & Cream Cheese	Turkey and Cheese Roll-up (Veg Option: Crackers and Cheese)	Avacado Toast		
Sliced Oranges	Sliced Bananas	Sliced Oranges		