

# The Frazer Center Menu March 2018



Monday	Tuesday	Wednesday	Thursday	Friday
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Buttered Waffles w/ Syrup, Sliced Bananas & Ice Cold Milk	Corn Flakes, Apple Slices & Ice Cold Milk	Banana Bread, Orange Slices & Ice Cold Milk	Cheerios, Apple Slices & Ice Cold Milk	Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk
Honey BBQ Chicken (Veg: Vegetarian Nuggets), Whole Wheat Roll, Broccoli, Orange Slices & Ice Cold Milk	Spaghetti w/ Ground Turkey (Veg: Veggie Crumbles), Tossed Salad w/ Ranch (or Italian), Sliced Bananas & Ice Cold Milk	Teriyaki Chicken (Veg: Veggie Crumbles) w/ Stir Fry Veggies, Brown Rice, Apple Slices & Ice Cold Milk	Chicken Nuggets (Veggie Nuggets), Tator Tots, Glazed Carrots, Orange Slices & Ice Cold Milk	Ground Turkey Ravioli (Veg: Cheese Ravioli), Peas, Apple Slices & Ice Cold Milk
Graham Crackers & Cream Cheese	Corn Muffins & Dried Cranberries	Cinnamon Raisin Bagel & Cream Cheese	Cheese Cubes & Crackers	Sunflower Butter & Crackers
Apple Slices	Orange Slices	Fresh Blueberries	Fresh Canteloupe	Orange Slices
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
Cheese Omelette, Toast, Orange Slices & Ice Cold Milk	Rice Krispie Cereal, Sliced Bananas & Ice Cold Milk	Brown Sugar & Cinnamon Oatmeal, Apple Slices & Ice Cold Milk	Warm Pancakes w/ Syrup, Turkey Sausage, Orange Slices & Ice Cold Milk	Cheerios, Apple Slices & Ice Cold Milk
Turkey Burger on Whole Wheat Bun with Lettuce and Tomato, Sweet Potato Fries, & Ice Cold Milk	Baked Ziti w/ Ground Turkey (Veg: Veggie Crumbles), Tossed Salad w/ Ranch (or Italian), & Ice Cold Milk	Lemon Pepper Chicken, Green Beans, Whole Wheat Roll & Ice Cold Milk	Chicken or Cheese Enchiladas, Black Beans, corn & Ice Cold Milk	Grilled Chicken and Veggie Slaw Wrap (Veggie Nugget), Orange Slices & Ice Cold Milk
Roasted Red Pepper Hummus & Pita Triangles	Cheese Toast	Cinnamon Muffin Squares	Vanilla Yogurt & Granola	Mini Bagels & Cream Cheese
Apple Slices	Fresh Blueberries	Orange Slices	Bananas	Apple Slices
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Corn Flakes, Sliced Bananas & Ice Cold Milk	Orange-Cranberry Muffins Squares, Orange Slices & Ice Cold Milk	Waffles w/ Syrup, Apple Slices & Ice Cold Milk	Butter Biscuits w/ Jelly, Turkey Sausage, Apple Slices & Ice Cold Milk	Rice Krispies, Fresh Strawberries & Ice Cold Milk
BBQ Turkey Meatballs (Vegetarian Nuggets), Brown Rice, Green Beans, & Ice Cold Milk	Vegetable Lasagna, Tossed Salad w/ Ranch (or Italian), Fresh Canteloupe & Ice Cold Milk	Chicken Pasta Bake (Veg: Veggie Crumbles), Broccoli, Fresh Blueberries & Ice Cold Milk	Black Bean Burger with Lettuce and Tomato, Corn & Ice Cold Milk	Lemon Pepper Chicken, Peas/Carrots Mix, Whole Wheat Roll, & Ice Cold Milk
Corn Muffin & Dried Cranberries	Honey Greek Yogurt & Cheerios	Turkey & Cheese (Cheese) Rollups	Cheese Cubes & Crackers	Hummus & Cucumber Slices
Orange Slices	Fresh Strawberries	Orange Slices	Apple Slices	Fresh Blueberries
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk	Cheerios, Fresh Canteloupe & Ice Cold Milk	Omelette, Orange Slices & Ice Cold Milk	Waffles w/ Syrup, Apple Slices & Ice Cold Milk	Parfaits (Nut-Free Granola, Vanilla Yogurt w/ Strawberries & Blueberries) & Ice Cold Milk
Honey Chicken (Veg: Veggie Nuggets), Rice, Peas & Ice Cold Milk	Turkey Sloppy Joe (Veggie Crumbles) on Whole Wheat Bun, Tator Tots, Apple Slices & Ice Cold Milk	Cheese Pizza, Tossed Salad w/ Ranch (or Italian), Fresh Honeydew & Ice Cold Milk	Chicken Fingers (Veg: Veggie Nuggets), Corn, Baked Potato Wedges & Ice Cold Milk	BBQ Turkey Meatballs (Vegetarian Nuggets), Brown Rice, Green Beans, & Ice Cold Milk
Turkey & Cheese (Cheese) Rollups	Crackers & Sunflower Butter	Graham Crackers & Dried Cranberries	Mini Bagels & Cream Cheese	Apple Slices & Soybutter
Orange Slices	Fresh Blueberries	Apple Slices	Bananas	Orange Slices