

The Frazer Center Menu April 2018



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| 2 | 3 | 4 | 5 | 6 |
| Waffles w/ Syrup, berries & Ice Cold Milk | Corn Flakes, sliced apples & Ice Cold Milk | Banana Bread, Orange Slices & Ice Cold Milk | Cheerios, Banana Slices & Ice Cold Milk | Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk |
| Chicken or Cheese Enchiladas, Black beans, corn | Spaghetti w/ Ground Turkey (Veg: Veggie Crumbles), Tossed Salad w/ Dressing, & Ice Cold Milk | Teriyaki Chicken (Veggie Stir Fry), Brown Rice, Apple Slices & Ice Cold Milk | Chicken Nuggets (Veggie Nuggets), Tator Tots, Glazed Carrots, & Ice Cold Milk | Cheese Ravioli, Peas, carrots & Ice Cold Milk |
| Graham Crackers | Cucumbers w/ Veggie Dip | Cheese Cubes & Crackers | Cinnamon Bagel & Cream Cheese | Turkey & Cheese Roll-ups (Cheese & Crackers) |
| Apple Slices | Orange Slices | Blueberries | Cantaloupe | Orange Slices |
| 9 | 10 | 11 | 12 | 13 |
| 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 | Pancakes w/ Syrup, Orange Slices & Ice Cold Milk | Cheerios, Apple Slices & Ice Cold Milk |
| Black Bean Burger w/ Whole Wheat Bun, Lettuce, & Tomato, Sweet Potato Fries, & Ice Cold Milk | Baked Ziti w/ Ground Turkey (Veg: no turkey), Tossed Salad w/ Dressing, Apple Slices & Ice Cold Milk | Lemon Pepper Chicken, Whole Wheat Roll, Green Beans, & Ice Cold Milk | Vegetable Soup, Cheese Toast & Ice Cold Milk | Grilled Chicken & Veggie Slaw Wrap (hummus & veggie slaw), Orange Slices & Ice Cold Milk |
| Roasted Red Pepper Hummus & Pita Triangles | Graham Crackers & Raisins | Mini Bagels & Cream Cheese | Vanilla Yogurt & Cinnamon Granola | Cheese Quesadilla |
| Apple Slices | Blueberries | Orange Slices | Bananas | Apple Slices |
| 16 | 17 | 18 | 19 | 20 |
| Corn Flakes, Sliced Bananas & Ice Cold Milk | Omelette, 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 (veggie meatballs), Brown Rice, Green Beans, & Ice Cold Milk | Vegetable Lasagna, Tossed Salad w/ Dressing, & Ice Cold Milk | Turkey & cheese sandwiches, fruit cups & ice cold milk | Chicken Pasta Bake (Veg: Veggie Crumbles), Broccoli, & Ice Cold Milk | Lemon Pepper Chicken, Peas/Carrots Mix, Whole Wheat Roll, & Ice Cold Milk |
| Corn Muffin W/ Dried Cranberries | Honey Greek Yogurt & Cheerios | Graham Crackers and strawberry cream cheese | Fruit Cup | Cucumbers & Hummus |
| Orange Slices | Strawberries | Orange Slices | Apple Slices | Blueberries |
| 23 | 24 | 25 | 26 | 27 |
| Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk | Cheerios, Fresh Canteloupe & Ice Cold Milk | Banana Bread, Orange Slices & Ice Cold Milk | Waffles w/ Syrup, Apple Slices & Ice Cold Milk | Yogurt Parfaits & 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/ Dressing, & Ice Cold Milk | Chicken Fingers (Veg: Veggie Nuggets), Corn, sweet potato tots & Ice Cold Milk | Cheese or Chicken Enchiladas, Black Beans, Corn, & Ice Cold Milk |
| Turkey & Cheese (Cheese) Rollups | Crackers & Sunflower Butter | Graham Crackers & Dried Cranberries | Mini Bagels & Cream Cheese | Apple Slices & Soybutter |
| Orange Slices | Blueberries | Apple Slices | Bananas | Orange Slices |
| 30 | 1 | 2 | 3 | 4 |
| Corn Flakes, Sliced Bananas & Ice Cold Milk | Cheese Omelette, Turkey Sausage, Bananas & Ice Cold Milk | Butter Grits, Oranges Slices & Ice Cold Milk | Pancakes w/ Syrup, Fresh Honeydew & Ice Cold Milk | Brown Sugar & Cinnamon Oatmeal, Sliced Bananas & Ice Cold Milk |
| Teriyaki Chicken (Veggie Stir Fry), Brown Rice, Apple Slices & Ice Cold Milk | Vegetable Lasagna, Tossed Salad w/ Dressing, Fresh Canteloupe & Ice Cold Milk | Lemon Pepper Chicken, Whole Wheat Roll, Green Beans, & Ice Cold Milk | Black Bean Burger w/ Cheese, Lettuce & Tomato (Veg: Black Bean Burger), Corn, & Ice Cold Milk | Warm Basil Tomato Soup, Grilled Cheese Sandwich, Fresh Blueberries & Ice Cold Milk |
| Blueberry Muffins | Pita Bread Triangles & Roasted Red Pepper Hummus | Turkey and Cheese (Cheese) Rollups | Sunflower Butter & Crackers | Graham Crackers & Raisins |
| Sliced Bananas | Sliced Apples | Orange Slices | Apple Slices | Fresh Honeydew |