

The Frazer Center Menu May 2018



Monday	Tuesday	Wednesday	Thursday	Friday
		2	3	4
		Oatmeal, mixed berries, milk	Cheerios, fresh fruit & Ice Cold Milk	Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk
		Lemon pepper chicken, green beans, whole wheat roll	Chicken Nuggets (Veggie Nuggets), Tator Tots, Carrots, & Ice Cold Milk	Cheese Ravioli, Peas, carrots & Ice Cold Milk
		turkey & cheese roll-ups	cheese quesadillas	Graham Crackers and strawberry cream cheese
		Oranges	Canteloupe	Apples
7	8	9	10	11
Pancakes w/ Syrup, Fresh Fruit & Ice Cold Milk	Rice Krispie Cereal, Berries & Ice Cold Milk	Oatmeal, Apple Slices & Ice Cold Milk	Cheese Omelette, Toast, Orange Slices & Ice Cold Milk	Cheerios, Bananas & 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, & Ice Cold Milk	Lemon Pepper Chicken, Whole Wheat Roll, Green Beans, & Ice Cold Milk	Vegetable Soup, Cheese Toast & Ice Cold Milk	Chicken or Cheese Enchiladas, Black Beans, Corn
Hummus & Pita Triangles	Cheese & Crackers	Sun Chips	Mini Muffins	Vanilla Yogurt & Mixed berries
Apple Slices	Cubed Melon	Orange Slices	Bananas	Apple Slices
14	15	16	17	18
Corn Flakes, Berries & 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	Cheese Ravioli, Peas, carrots & Ice Cold Milk	Lemon Pepper Chicken, Broccoli, Whole Wheat Roll, & Ice Cold Milk
Whole Wheat apple cinnamon muffin top	Honey Greek Yogurt & Cheerios	Graham Crackers and strawberry cream cheese	Fruit Salad	Sun Chips
Orange Slices	Strawberries	Orange Slices	Sliced Cucumbers & hummus	Blueberries
21	22	23	24	25
Croissant, Turkey Sausage, Sliced Bananas & Ice Cold Milk	Cheerios, Fresh Canteloupe & Ice Cold Milk	Blueberry muffins, 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 Rollups	Cheese & Crackers	Graham Crackers & Dried Cranberries	Mini Bagels & Cream Cheese	Whole Wheat apple cinnamon muffin top
Orange Slices	Blueberries	Apple Slices	Bananas	Orange Slices
28	29	30	31	1
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	Baked Ziti w/ Ground Turkey (Veg: no turkey), Tossed Salad w/ Dressing, Apple Slices & Ice Cold Milk
Cheese Quesadillas	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	Melon Cubes