

# The Frazer Center Menu **October 2018**



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>
Yogurt Parfaits & Ice Cold Milk	Cheese Omelette, Oranges & Ice Cold Milk	Cornflakes, Cantaloup & Ice Cold Milk	Waffles w/ Syrup, Oranges, & Ice Cold Milk	Cheese Grits, Turkey Sausage, Bananas & Ice Cold Milk
Breaded Chicken or Black Bean patty, sweet potato waffle fries, steamed broccoli, and Ice Cold Milk	Bbq Turkey Meatballs,(Veggie Meatballs), Mash Potato, Peas and Carrots & Ice Cold Milk	Chicken Lasagna,(Veggie Lasagna), Tossed Salad, & Ice Cold Milk	Whole Wheat Pasta w/ Marinara Sauce, Green Beans, & Ice Cold Milk	Turkey Sloppy Joe (Veggie Crumbles) On A Whole Wheat Bun, broccoli & Ice Cold Milk
Graham Crackers & Blueberries	Mini Muffins and Pears	Sun Butter, Apples and Crackers	Sliced Cucumbers, Pita bread, and Hummus	Bananas & Graham Crackers
<b>8</b>	<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>
<b>CLOSED</b>	Turkey Sausage, Butter Biscuits w/ Jelly, Oranges & Ice Cold Milk	Cheese Omelette, Honeydew & Ice Cold Milk	Cheerios, Blueberries & Ice Cold Milk	Blueberry Muffins, Bananas & Ice Cold Milk
	Pesto Pasta Salad with Broccoli, mozzarella cheese, tomatoes and peppers, and sliced Apples	Honey Chicken (Veggie Stir Fry) Fried Rice & Ice Cold Milk	Cheese Pizza, Tossed Salad & Ice Cold Milk	Eggplant Parm, Green Beans, Whole Wheat Rolls & Ice Cold Milk
	Yogurt Parfaits with fresh fruit	Raspberries & Mini Muffins	Sliced Cucumbers and Hummus	Vanilla and Strawberry Yogurt & Oranges
<b>15</b>	<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>
Scrambled Eggs, Turkey Sausage, Peaches, and Ice Cold Milk	Pancakes w/ Syrup, Melon & Ice Cold Milk	Rice Krispies, Oranges & Ice Cold Milk	Yogurt Parfaits & Ice Cold Milk	Whole Grain French Toast Sticks w/ Syrup, Bananas & Ice Cold Milk
Veggie Wraps, Apples & Ice Cold Milk	Teriyaki Chicken,(Veggie Stir Fry) Brown Rice, Corn & Ice Cold Milk	Turkey Sloppy Joe (Veggie Crumbles) On A Whole Wheat Bun, Broccoli, Diced Pears & Ice Cold Milk	Chicken or Black Bean Tacos, with lettuce, tomato and shredded cheese, apples, and Ice Cold Milk	Fish Sticks, Macaroni and Cheese, Honeydew & Ice Cold Milk
Trail Mix (Cheerios, Dried Cranberries, and Granola) & Blueberries	String Cheese & Apples	Sliced Cucumbers, Pita bread, and Hummus	Cinnamon Muffin Tops & Bananas	Vanilla Yogurt & Berries
<b>22</b>	<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>
Scrambled Eggs, Wheat Toast, Bananas & Ice Cold Milk	Waffles w/ Syrup, Strawberries & Ice Cold Milk	Butter Grits, Honeydew & Ice Cold Milk	Plain Omelette, Turkey Sausage, Diced Pears & Ice Cold Milk	Rice Krispies, Strawberries & Ice Cold Milk
Grilled Cheese Sandwiches, Tomato Soup, Apples & Ice Cold Milk	Tossed Chicken Salad w/ Tomato, Black Olives, Cucumbers, Dried Cranberries,Parmesan Cheese, Apples & Ice Cold Milk	Glazed Chicken w/ Mushrooms (Veggie Wings), Mash Potato, Apples & Ice Cold Milk	Spinach Ravioli w/ Marinara Sauce, Tossed Salad w/ tomatoes and Cucumbers & Ice Cold Milk	BBQ Chicken Breast, Macaroni and Cheese, (Veggie Wings) Coleslaw & Ice Cold Milk
Fruit Salad & Mini Muffins	Hummus, Pita Bread, Cantaloupe	String Cheese & Apples	Cinnamon Apple Muffin Top & Mandarin Oranges	Apple Sauce & Graham crackers
<b>29</b>	<b>30</b>	<b>31</b>	<b>1</b>	<b>2</b>
Blueberry Muffins, Bananas & Ice Cold Milk	Cheese Omelette, Cantaloup & Ice Cold Milk	Cheerios, Apples & Ice Cold Milk	Waffles, Blueberries & Ice Cold Milk	Rice Krispies, Bananas & Ice Cold Milk
Chicken or Black Bean Tacos, with lettuce, tomato and shredded cheese, apples, and Ice Cold Milk	Whole Wheat Spaghetti w/ Marinara Sauce, Green Bean, Whole Wheat Rolls & Ice Cold Milk	Bbq Turkey Meatballs,(Veggie Meatballs), Mash Potato, Peas and Carrots & Ice Cold Milk	Veggie Wraps, Apples & Ice Cold Milk	Honey Chicken,(Veggie Nuggets), Veggie Fried Rice, Strawberries & Ice Cold Milk
Sunbutter, Apples & Crackers	Vanilla Yogurt & Pineapples	Mini Muffins & Oranges	Pita Bread, Red Pepper Hummus	String Cheese and Blackberries