

The Frazer Center Menu December 2018



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
Cheerios, Blueberries & Ice Cold Milk	Plain Omelette, Turkey Sausage (Veggie Sausage), Strawberries & Ice Cold Milk	Brown Sugar and Cinnamon Oatmeal, Oranges & Ice Cold Milk	Mini Bagle w/Cream Cheese, Honeydew & Ice Cold Milk	Butter Grits, Bananas & Ice Cold Milk
Eggplant Parm, Tossed Salad, Whole Wheat Rolls & Ice Cold Milk	Chicken Tenders (Veggie Wings), Tator Tots, Corn & Ice Cold Milk	Veggie Soup w/Bow Tie Pasta, Fruit Salad & Ice Cold Milk	Chicken and Broccoli Alfredo (Broccoli Alfredo), Whole Wheat Roll & Ice Cold Milk	Grilled Cheese Sandwiches, Peas and Carrots, Strawberries & Ice Cold Milk
Sliced Cucumbers, Pita Bread & Hummus	Sunbutter, Crackers & Apples	Cinnamon Muffin Tops & Cantaloupe	Fruit Salad & Graham Crackers	String Cheese and Blackberries
10	11	12	13	14
Yogurt Parfaits & Ice Cold Milk	Turkey Sausage (Veggie Sausage), Butter Biscuits w/ Jelly, Oranges & Ice Cold Milk	Cheese Omelette, Oranges & Ice Cold Milk	Cornflakes, Apples & Ice Cold Milk	Whole Grian Pancakes w/Syrup, Bananas & Ice Cold Milk
Fish Sticks or (Veggie Wing), Tator Tots, Steamed Broccoli w/Cheese, and Ice Cold Milk	Spinach Ravioli w/Marinara Sauce, Tossed Salad & Ice Cold Milk	Sweet and Sour Orange Chicken (Veggie Nuggets), Brown Rice, Veggie Stir Fry & Ice Cold Milk	Cheese Pizza, Tossed Salad, Apples & Ice Cold Milk	Chicken Lasagna, (Veggie Lasagna), Whole Wheat Roll, & Ice Cold Milk
Graham Crackers & Bananas	Mini Muffins & Honeydew	Strawberry and Vanilla Yogurt & Blueberries	Cinnamon Muffin Tops & Bananas	Vanilla Yogurt & Strawberries
17	18	19	20	21
Brown Sugar and Cinnamon Oatmeal, Apples & Ice Cold Milk	Plain Omlette, Diced Peaches & Ice Cold Milk	Cheerios, Blueberries & Ice Cold Milk	Yogurt Parfaits & Ice Cold Milk	Mini Bagles w/Cream Cheese, Bananas & Ice Cold Milk
Chicken Patties (Veggie Wings), Roasted Sweet Potato Fries, Diced Pears & Ice Cold Milk	Whole Wheat Spaghetti w/Meatless Crumbles In Marinara Sauce, Corn & Ice Cold Milk	BBQ Turkey Meatballs, (Veggie Meatballs), Mashed Potato, Peas and Carrots, Ice Cold Milk	Broccoli and Cheese Soup, Tossed Salad w/Tomato, Carrots, Cucumbers, Apples, and Ice Cold Milk	Fish Sticks (Veggie Nuggets), Green Beans, Honeydew & Ice Cold Milk
Sliced Cucumbers, Pita Bread & Hummus	String Cheese, Sunbutter, & Apples	Trail Mix (Cheerios, Dried Cranberries, and Granola) & Oranges	Cinnamon Muffin Tops & Bananas	Strawberry and Vanilla Yogurt & Graham Crackers
24	25	29	27	28
CLOSED WINTER BREAK	CLOSED WINTER BREAK	CLOSED WINTER BREAK	CLOSED WINTER BREAK	CLOSED WINTER BREAK
31	1-Jan	2-Jan	3-Jan	4-Jan
CLOSED WINTER BREAK	CLOSED WINTER BREAK	Closed For In-Service	Pancakes w\Syrup, Blueberries & Ice Cold Milk	Rice Krispies, Bananas & Ice Cold Milk
			Chicken Lasagna (Veggie Lasagna), Apples & Ice Cold Milk	Honey Chicken,(Veggie Nuggets), Tator Tots, Peas and Carrots & Ice Cold Milk
			Graham Crackers & Strawberries	String Cheese, Crackers & Oranges