

# The Frazer Center Menu May 2019



The Frazer Center Menu May 2019					 <b>frazer center</b> gather. learn. flourish.
Monday	Tuesday	Wednesday	Thursday	Friday	
		1	2	3	
		Cinnamon Oatmeal, apple slices, milk	Yogurt w/mixed berries, milk	Turkey sausage (veggie sausage), hashbrowns, cantaloupe, milk	
		Whole grain wheat battered fish sticks, mixed squash medley,	Turkey pepperoni pizza, green beans, milk	BBQ chicken, potato au gratin, corn, milk (V=BBQ veggie strips)	
		Hummus, crackers, oranges, water	Whole grain Cinnamon muffin tops and bananas	Whole grain animal crackers and strawberries	
6	7	8	9	10	
Butter grits, berries, milk	Cheese omelette, turkey sausage patties, apple slices, milk	Whole grain pancakes, orange slices, milk	Cheerios, bananas, milk	French toast, cantaloupe, milk	
Chicken Alfredo, pineapple, broccoli, milk (V=Veggie chicken nuggets)	BBQ Turkey meatballs, zucchini, bananas, milk (V=Veggie meatballs)	Red beans and rice, mixed veggies, milk	Chicken nuggets, sweet potato fries, fresh fruit, milk (V= veggie chicken patty)	Cheese pizza, green beans, pears, milk	
String cheese and bananas	SunChips and cantaloupe	Cucumber slices and hummus	Cheese cubes, crackers, milk	Fruit yogurt and crackers	
13	14	15	16	17	
Cinnamon Oatmeal, apple slices, milk	Yogurt w/mixed berries, milk	Turkey sausage patties, biscuit, orange slices, milk	Cheerios, berries, milk	Whole grain pancakes, orange slices, milk	
Fish sticks, broccoli, fresh fruit, milk (V=eggplant sticks)	Cheese tortellini w/red sauce, peas, apple slices	Grilled cheese sandwich, baked beans, strawberries, milk	Chicken Alfredo, pineapple, broccoli, milk (V=Veggie chicken nuggets)	Crunchy Hawaiian chicken wrap/Veggie wrap, melon, milk	
Whole grain animal crackers and strawberries	Whole grain Cinnamon muffin tops and bananas	SunChips and cantaloupe	Fruit yogurt and crackers	Cheese cubes and pita chips	
20	21	22	23	24	
Cheerios, berries, milk	Oatmeal, bananas, milk	Whole grain pancakes, sliced oranges, milk	Kix cereal, honeydew, milk	French toast, berries, milk	
Chicken nuggets, sweet potato fries, fresh fruit, milk (V= veggie chicken patty)	Cheese pizza, green beans, pears, milk	Lasagna w/meat sauce, green beans, pears, milk (Veggie lasagna)	Red beans and rice, mixed veggies, milk	BBQ chicken strips, steamed broccoli, dinner rolls, peaches, milk (V=BBQ veggie strips)	
Whole grain Cinnamon muffin tops and bananas	Fruit yogurt and crackers	Whole grain animal crackers and strawberries	String cheese and bananas	Blueberry muffin and apple slices	
27	28	29	30	31	
CLOSED	Waffles, applesauce, milk BBQ Turkey meatballs, zucchini, bananas, milk (V=Veggie meatballs) Cheese cubes and pita chips				