

Frazer Center Menu **September 2019**



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
	Rice Krispies Cereal, Apple Slices, Milk	Pancake w/Syrup, Diced Mango, Milk	Butter Grits, Blueberries, Milk	Blueberries Muffins, Mandarin Oranges, Milk
CLOSED	Turkey Pepperoni Pizza, Bananas, Milk	Fish Sticks (V=Veggie Sliders), Baked Beans, Cantaloupe, Milk	Mac & Cheese, Seasoned Cabbage, Strawberries, Milk	Turkey Sandwich (V=Avocado Pita Pocket) w/Lettuce & Tomatoes, Honey Dew, Milk
	Strawberry Chex Mix, Orange Slice	Veggie Chips, Sliced Golden Delicious Apples	Graham Cracker, Banana	Pita Chips, Orange slices
9	10	11	12	13
Cinnamon Oatmeal, Sliced Peaches, Milk	Apple Cinnamon Muffins, Mixed Fruit, Milk	Honey Nut Cheerios, Blueberries, Milk	Waffles w/Syrup, Diced Cantaloupe, Milk	Turkey Sausage (Veggie Sausage) w/Biscuits, Mandarin Oranges, Milk
Turkey Casserole w/ Wheat Rolls (V=Black Bean Burger), Cantaloupe, Milk	Pasta Salad, Mango, Milk	Cheese Pizza, Apple Slices, Milk	Cheese Ravioli, Sweet Peas & Carrots, Strawberries, Milk	Chicken Nuggets (V=Veggie Nuggets), Tossed Salad w/Ranch Dressing, Pineapples, Milk
Fruit Yogurt, w/Graham Crackers	String Cheese, Strawberries	Vanilla Wafers, Bananas	Gold Fish Pretzels, Orange Slices	Pita Bread, Hummus, Apple Slices
16	17	18	19	20
Yogurt, Mixed Berries, Granola, Milk	Kix Cereal, Orange Slices, Milk	Cheese Omelette, Blueberries, Milk	Butter Grits, Strawberries, Milk	Waffles w/Syrup, Honeydew Melon, Milk
Chili w/Meatless Crumble, Pears, Milk	Pasta Salad, Strawberries, Milk	Turkey Salad Sandwiches (V=Black Bean Patties), w/Lettuce, Tomato, Pineapples, Milk	Fish Sticks (V=Veggie Nuggets), French Fries, Peaches, Milk	Turkey Meatballs, Mixed Vegetables, Diced Mango, Milk
Animal Crackers, Orange Slices	Pita Chips, Bananas, Sun Butter	Graham Cracker, Red Apple Slices	Veggie Chips, Bananas	Cheese Cubes, Townhouse Crackers, Orange Slices
23	24	25	26	27
French Toast Sticks w/Syrup, Cantaloupe, Milk	Rice Krispie Cereal, Apple Slices, Milk	Pancake w/Syrup, Mango Slices, Milk	Butter Grits Blueberries, Milk	Blueberries Muffins, Mandarin Oranges, Milk
Chicken Broccoli Casserole w/Brown Rice (V=Veggie Lasagna), Mango, Milk	Whole Wheat Pasta, w/Red Sauce, Peas & Carrots, Honeydew Melon, Milk	Fish Sticks (V=Black Bean Patties), Mashed Sweet Potato, Cantaloupe, Milk	Mac & Cheese, Seasoned Cabbage, Strawberries, Milk	Red Beans & Rice, Green Beans, Bananas, Milk
Pita Chips, Banana	Strawberry Chex Mix, Orange Slices	Veggie Chips, Sliced Golden Delicious Apple	Graham Cracker, Banana Slices	Fruit Yogurt w/Granola
30				
Honey Nut Cheerios, Banana, Milk				
Veggie Lasagna (GF=Veggie Strips), Cantaloupe, Milk				
Graham Crackers, Sun Butter, Sliced Oranges				