

The Pizzeria

Cheese Pizza
Pepperoni Pizza
Pizza of the Day
Monday: Taco Pizza
Tuesday: Mushroom Pizza
Wednesday: Meat Lover's Pizza
Thursday: Buffalo Chicken
Friday: Veggie Lover's Pizza

The Deli

Made-To-Order Deli Bar
Choice of: Sub Roll,
Bread, Wrap, or Kaiser Roll
Choice of: Turkey OR Ham
Monday, Wednesday, & Friday:
Egg Salad
Tuesday & Thursday: Tuna Salad

*Assorted toppings may include but not limited to: Cheese, Lettuce, Tomatoes, Onions, Olives, Pickles

SALADS
Monday: Salad w/Turkey
Tuesday: Salad w/Ham
Wednesday: Salad w/Grilled Chicken
Thursday: Salad w/Turkey
Friday: Salad w/Ham

*All salads come w/Bread Slice and Croutons

<u>MONDAY</u>	<u>TUESDAY</u>	<u>WEDNESDAY</u>	<u>THURSDAY</u>	<u>FRIDAY</u>
				
5 Hot Dog on a Bun OR Chicken Nuggets w/WG Bread Slice	6 Hot Turkey Sandwich w/Gravy OR Hot & Spicy Chicken Patty Sandwich	7 POPCORN CHICKEN BOWL w/Mashed Potatoes, Gravy, Corn, and Cheese	8 Buffalo Grilled Chicken Sandwich OR Mini Corn Dog Nuggets	9 Pancakes & Sausage Links OR Chicken Strips w/WG Bread Slice
Oven Fries Fruit Choice Milk Choice	Seasoned Peas Fruit Choice Milk Choice	Mashed Potatoes w/Gravy Fruit Choice Milk Choice	Tomato Soup Pinto Beans Fruit Choice Milk Choice	Cheesy Hash Browns Fruit Choice Milk Choice
12 Cheeseburger on a Bun OR Chicken Nuggets w/WG Bread Slice	13 Italian Dunkers w/Marinara Sauce OR Hot & Spicy Chicken Patty Sandwich	14 PASTA BOWL w/Marinara OR Alfredo Sauce and Chicken OR Meatballs	15 Beef Nachos w/WG Pretzel OR Mini Corn Dog Nuggets	16 NO SCHOOL!! IN-SERVICE DAY
Tator Tots Fruit Choice Milk Choice	Dill Carrots Fruit Choice Milk Choice	Steamed Broccoli Fruit Choice Milk Choice Valentine's Cookie	Black & White Bean Salad Fruit Choice Milk Choice	
19 NO SCHOOL!! MID-WINTER VACATION	20 Hamburg Gravy over Rice w/WG Bread Slice OR Hot & Spicy Chicken Patty Sandwich	21 BURRITO BOWL w/ Chicken OR Pork, Rice, and Salsas	22 Turkey & Cheese Sandwich on a Pretzel Roll OR Mini Corn Dog Nuggets	23 Fish Sticks OR Chicken Nuggets w/WG Bread Slice
	Seasoned Peas Fruit Choice Milk Choice	Black Bean & Corn Salad Fruit Choice Milk Choice	Steamed Green Beans Fruit Choice Milk Choice	Smiley Fries Fruit Choice Milk Choice Chocolate Pudding
26 Hot Ham & Cheese Sandwich OR Chicken Nuggets w/WG Bread Slice	27 Spaghetti & Meat Sauce w/WG Bread Slice OR Hot & Spicy Chicken Patty Sandwich	28 CHEESESTEAK BAR w/ Chicken OR Beef and Assorted Toppings		
Oven Fries Fruit Choice Milk Choice	Golden Corn Fruit Choice Milk Choice	Confetti Bean Salad Fruit Choice Milk Choice		

Accompaniments

Assorted fruits and vegetables offered daily!!
*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Choices may include but not limited to:

- Broccoli Florets
- Dark Leafy Greens
- Celery & Cucumber
- Cauliflower Florets
- Corn
- Green Beans
- Peas
- Carrots

*Fruit Choices may include but not limited to:

- Crisp Apple
- Peaches
- Mixed Fruit
- Fresh Orange
- Banana
- Pineapple Tidbits
- Pears
- Applesauce
- Mandarin Oranges
- 100% Fruit Juice

Milk

Fat Free White, 1% Chocolate, 1% Strawberry, and Fat Free Vanilla



Proud to manage your food service program

All students in the Bradford Area School District are entitled to one free breakfast and one free lunch for the school year 2017-2018. Second lunches will be charged at \$2.00.

The School District does not discriminate on the basis of age, race, color, national or ethnic origin, sex or handicap in employment practices or in administration of any of its education programs and activities in accordance with applicable federal statutes and regulations. EOE

Adult Lunch Price: \$3.50
Second Lunch Price—\$2.00

MENU SUBJECT TO CHANGE

All ground meat items may contain a combination of ground beef and turkey.

Fretz Middle School

Food Service Director: Dana Mollander * 814-362-3841 ext. 2522

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Cafeteria Supervisor: Ann Esch * 814-368-6666

aesch@bradfordareaschools.org



FEBRUARY 2018 BREAKFAST MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>5 <u>CAFETERIA ONLY</u></p> <p>Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>6 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>7 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>1 <u>CAFETERIA ONLY</u></p> <p>Egg & Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>2 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>
<p>12 <u>CAFETERIA ONLY</u></p> <p>Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>13 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>14 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>8 <u>CAFETERIA ONLY</u></p> <p>Egg & Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>9 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>
<p>19</p> <p>NO SCHOOL!!</p> <p>MID-WINTER VACATION</p>	<p>20 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>21 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>15 <u>CAFETERIA ONLY</u></p> <p>Egg & Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>16</p> <p>NO SCHOOL!!</p> <p>IN-SERVICE DAY</p>
<p>26 <u>CAFETERIA ONLY</u></p> <p>Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>27 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>28 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>		
<p><u>MONDAY KIOSK</u></p> <p>*Cinnamon Roll *Yogurt and Jungle Crackers</p>	<p><u>TUESDAY KIOSK</u></p> <p>*Banana Bread *Mini Bagels</p>	<p><u>WEDNESDAY KIOSK</u></p> <p>*Chocolate Covered Donuts *Yogurt and Jungle Crackers</p>	<p><u>THURSDAY KIOSK</u></p> <p>*Powered Covered Donuts *Cinnamon Burst Bread</p>	<p><u>FRIDAY KIOSK</u></p> <p>*Mini French Toast *Yogurt and Jungle Crackers</p>

What Makes a Breakfast Meal?

You must choose at least 3 of 4 components available for the school breakfast price.

Entrée, 1 Cup Fruit, and 1/2 Pint Milk

Fruits offered at breakfast may include but not limited to:

Fresh Fruit, 100% Fruit Juice, and Canned Fruits

All students in the Bradford Area School District are entitled to one free breakfast and one free lunch for the school year 2017-2018. Second breakfasts will be charged at \$1.25.



Milk Offered Daily

1% Chocolate, 1% Strawberry,
Fat Free Vanilla, and Fat Free White



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Adult Breakfast Price—\$1.85

Second Breakfast Price—\$1.25

MENU SUBJECT TO CHANGE