



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

Also Available Everyday
Chicken Patty Sandwich
Hamburger on a Bun



Made-To-Order Deli Bar

Choice of: Sub Roll, Bread, Wrap, or Roll

Choice of: Turkey, Ham, Egg Salad, OR Tuna Salad

Meat of the Day
Monday: Bologna
Tuesday: Buffalo Chicken Breast
Wednesday: Salami
Thursday: Chicken Salad
Friday: Buffalo Chicken Breast

PRE-ORDERED SALADS

If you would like a salad for lunch, please fill out the pre-order salad slip at either of the breakfast kiosk's or in the cafeteria at breakfast.

*All salads come w/Bread Slice and Croutons

Monday	Tuesday	Wednesday	Thursday	Friday
<p>STRAWBERRY SHORTCAKE AVAILABLE ALA CARTE EVERY TUESDAY FOR \$1.50</p>	<p>1 Potato Puff Bake w/Bread Slice OR Hot & Spicy Chicken Patty Sandwich</p> <p>Golden Corn Pineapple Tidbits Milk</p>	<p>2 <u>Create Your Own Bowl</u> CHEESESTEAK BAR w/Chicken or Beef and Assorted Toppings</p> <p>Broccoli Fresh Apple Milk</p>	<p>3 Grilled Cheese Sandwich OR Mini Corn Dog Nuggets</p> <p>Tomato Soup Green Beans Diced Peaches Milk</p>	<p>4 Pancakes & Sausage Links OR Popcorn Chicken w/WG Bread Slice</p> <p>Cheesy Potatoes Fresh Orange Milk</p>
<p>7 Hot Dog on a Bun OR Chicken Nuggets w/WG Bread Slice</p> <p>Oven Fries Mandarin Oranges Milk</p>	<p>8 Beef Lasagna w/WG Bread Slice OR Hot & Spicy Chicken Patty Sandwich</p> <p>Seasoned Peas Fresh Orange Milk</p>	<p>9 <u>Create Your Own Bowl</u> POPCORN CHICKEN BOWL w//Mashed & Gravy, and Cheese</p> <p>Golden Corn Mixed Fruit Milk</p>	<p>10 Macaroni & Cheese w/WG Bread Slice OR Mini Corn Dog Nuggets</p> <p>Bean Salad Banana Milk</p>	<p>11 Meatloaf Sandwich w/Gravy OR Chicken Strips w/WG Bread Slice</p> <p>Mashed Potatoes/Gravy Diced Pears Milk Fruited Jell-O</p>
<p>14 Beef Nachos w/Bread Slice OR Chicken Nuggets w/WG Bread Slice</p> <p>Tator Tots Fresh Apple Milk</p>	<p>15 Pulled Pork Sandwich OR Hot & Spicy Chicken Patty Sandwich</p> <p>BBQ's Baked Beans Pineapple Tidbits Milk</p>	<p>16 <u>Create Your Own Bowl</u> BURRITO BOWL w/ Chicken OR Pork, Rice, and Salsas</p> <p>Refried Beans Applesauce Milk Choice</p>	<p>17 Hot Turkey Sandwich w/Gravy OR Mini Corn Dog Nuggets</p> <p>Mashed Potatoes Diced Peaches Milk</p>	<p>18 Sloppy Joe on a Bun OR Popcorn Chicken w/WG Bread Slice</p> <p>Oven Fries Fresh Orange Milk</p>
<p>21 Cheese Dog in a Blanket OR Chicken Nuggets w/WG Bread Slice</p> <p>Golden Corn Mandarin Oranges Milk</p>	<p>22 Soft Shell Cheesy Taco w/Fiesta Rice OR Hot & Spicy Chicken Patty Sandwich</p> <p>Confetti Bean Salad Fresh Orange Milk</p>	<p>23 <u>Create Your Own Bowl</u> PASTA BOWL w/Marinara Sauce OR Alfredo Sauce and Chicken OR Meatballs</p> <p>Steamed Broccoli Mixed Fruit Milk</p>	<p>24 Hamburg Gravy over Rice w/WG Bread Slice OR Mini Corn Dog Nuggets</p> <p>Mashed Potatoes Banana Milk Pudding</p>	<p>25 Italian Dunkers w/Marinara Sauce OR Chicken Strips w/WG Bread Slice</p> <p>Romaine Salad Diced Pears Milk</p>
<p>28 NO SCHOOL MEMORIAL DAY</p>	<p>29 Macaroni & Cheese w/WG Bread Slice OR Hot & Spicy Chicken Patty Sandwich</p> <p>Green Beans Pineapple Tidbits Milk</p>	<p>30 <u>Create Your Own Bowl</u> BURRITO BOWL w/ Chicken OR Pork, Rice, and Salsas</p> <p>Bean Salad Fresh Apple Milk</p>	<p>31 Beef & Cheese Quesadilla OR Mini Corn Dog Nuggets</p> <p>Mixed Vegetables Diced Peaches Milk</p>	



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:

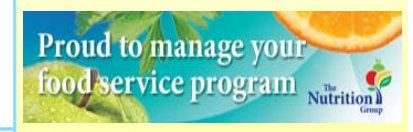
- Broccoli Florets
- Dark Leafy Greens
- Legume Salads
- Celery & Cucumber
- Cauliflower Florets
- Corn
- Green Beans
- Peas
- Carrots

*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



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



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

Whole Grains Available Daily

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

Breakfast Menu MAY 2018



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

dmollander@bradfordareaschools.org

Cafeteria Supervisor: Ann Esch * 814-368-6666

aesch@bradfordareaschools.org



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>1 <u>CAFETERIA ONLY</u> Breakfast Casserole OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>1 <u>CAFETERIA ONLY</u> Breakfast Casserole OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>2 <u>CAFETERIA ONLY</u> Pancake Wrap OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>3 <u>CAFETERIA ONLY</u> Egg & Cheese Sandwich OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>4 <u>CAFETERIA ONLY</u> French Toast Sticks OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>
<p>7 <u>CAFETERIA ONLY</u> Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>8 <u>CAFETERIA ONLY</u> Breakfast Pizza OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>9 <u>CAFETERIA ONLY</u> Pancake Wrap OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>10 <u>CAFETERIA ONLY</u> Breakfast Burrito OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>11 <u>CAFETERIA ONLY</u> French Toast Sticks OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>
<p>14 <u>CAFETERIA ONLY</u> Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>15 <u>CAFETERIA ONLY</u> Breakfast Casserole OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>16 <u>CAFETERIA ONLY</u> Pancake Wrap OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>17 <u>CAFETERIA ONLY</u> Egg & Cheese Sandwich OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>18 <u>CAFETERIA ONLY</u> French Toast Sticks OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>
<p>21 <u>CAFETERIA ONLY</u> Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>22 <u>CAFETERIA ONLY</u> Breakfast Pizza OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>23 <u>CAFETERIA ONLY</u> Pancake Wrap OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>24 <u>CAFETERIA ONLY</u> Breakfast Burrito OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>25 <u>CAFETERIA ONLY</u> French Toast Sticks OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>
<p>28 NO SCHOOL MEMORIAL DAY</p>	<p>29 <u>CAFETERIA ONLY</u> Breakfast Casserole OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>30 <u>CAFETERIA ONLY</u> Pancake Wrap OR Yogurt w/Jungle Crackers Fruit Choice Milk Choice</p>	<p>31 <u>CAFETERIA ONLY</u> Egg & Cheese Sandwich OR Cereal w/Jungle Crackers Fruit Choice Milk Choice</p>	
<p><u>MONDAY KIOSK</u> *Cinnamon Roll *Chocolate Banana Bar *Yogurt and Jungle Crackers</p>	<p><u>TUESDAY KIOSK</u> *Chocolate Covered Donuts *Mini Bagels *Yogurt and Jungle Crackers</p>	<p><u>WEDNESDAY KIOSK</u> *Ultra Banana Bread *Cocoa Chip Benefit Bar *Yogurt and Jungle Crackers</p>	<p><u>THURSDAY KIOSK</u> *Powered Covered Donuts *Cinnamon Burst Bread *Yogurt and Jungle Crackers</p>	<p><u>FRIDAY KIOSK</u> *Goody Ring Glazed Donut *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

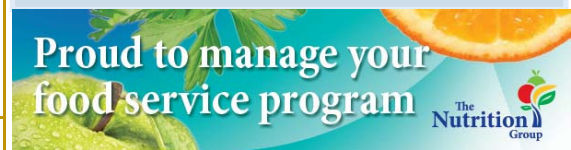
All students in the Bradford Area School District are entitled to one free breakfast and one free lunch for the school year 2017-2018. Second breakfasts will be charged at \$1.25.



Milk Offered Daily

1% Chocolate, 1% Strawberry,

Fat Free Vanilla and Fat Free White



Adult Breakfast Price—\$1.85

Second Breakfast Price—\$1.25

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



MENU SUBJECT TO CHANGE