

# Fretz Middle School Lunch Menu

## AUGUST—SEPTEMBER 2017



Food Service Director: Dana Mollander \* 814-362-3841 ext. 2522  
 dmollander@bradfordareaschools.org  
 Cafeteria Supervisor: Ann Esch \* 814-368-6666  
 aesch@bradfordareaschools.org



**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  
Also Available Everyday  
 Chicken Patty Sandwich



**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

Monday	Tuesday	Wednesday	Thursday	Friday
 29 Hamburger on a Bun OR Chicken Nuggets w/WG Bread Slice Tator Tots Fruit Milk	29 Hamburger on a Bun OR Chicken Nuggets w/WG Bread Slice Tator Tots Fruit Milk	30 Macaroni & Cheese w/WG Bread Slice OR Hot & Spicy Chicken Patty Green Beans Fruit Milk	31 Grilled Cheese Sandwich OR Mini Corn Dog Nuggets Tomato Soup Seasoned Peas Fruit Milk	1 Walking Taco w/Spanish Rice OR Popcorn Chicken w/WG Bread Slice Refried Beans Fruit Milk
4 NO SCHOOL!! LABOR DAY	5 Bacon Cheeseburger on a Bun OR Hot & Spicy Chicken Patty Oven Fries Fruit Milk	6 <u>Create Your Own Bowl!</u> BURRITO BOWL w/Chicken OR Pork, Rice, Beans, and Salsas Broccoli Fruit Milk	7 Sloppy Joe on a Bun OR Mini Corn Dog Nuggets Honey Glazed Carrots Fruit Milk	8 Southern BBQ Turkey Sandwich OR Popcorn Chicken w/WG Bread Slice Baked Beans Fruit Milk
11 Meatball Sub OR Chicken Nuggets w/WG Bread Slice Golden Corn Fruit Milk	12 Grilled Cheese Sandwich OR Hot & Spicy Chicken Patty Tomato Soup Green Beans Fruit Milk	13 <u>SWEET &amp; SPICY BBQ CHICKEN BOWL</u> w/Rice, Chicken, Corn, Cheese, & Chipotle Ranch Sauce Peas Fruit Milk	14 Macaroni & Cheese w/WG Bread Slice OR Mini Corn Dog Nuggets Kidney Beans Fruit Milk Chocolate Chip Cookie	15 French Toast Sticks & Sausage Links OR Popcorn Chicken w/WG Bread Slice Hash Browns Fruit Milk
18 Hamburger on a Bun OR Chicken Nuggets w/WG Bread Slice Oven Fries Fruit Milk	19 Beef Nachos w/WG Pretzel OR Popcorn Chicken w/WG Bread Slice Black Beans Fruit Milk	20 <u>Create Your Own Bowl!</u> PASTA BOWL w/Marinara Sauce OR Alfredo Sauce and Chicken OR Meatballs Steamed Carrots Fruit Milk	21 Chicken & Broccoli Alfredo w/WG Bread Slice OR Mini Corn Dog Nuggets Romaine Salad Fruit Milk	22 Hot Pork Sandwich w/Gravy OR Hot & Spicy Chicken Patty Sandwich Mashed Potatoes Fruit Milk Chocolate Pudding
25 Cheese Dog in a Blanket OR Chicken Nuggets w/WG Bread Slice Oven Fries Fruit Milk	26 Hamburg Gravy over Rice w/WG Bread Slice OR Popcorn Chicken w/WG Bread Slice Peas Fruit Milk	27 <u>Create Your Own Bowl!</u> CHEESE STEAK BOWL w/Chicken or Beef and Assorted Toppings Corn Fruit Milk	28 Grilled Cheese Sandwich OR Mini Corn Dog Nuggets Tomato Soup Green Beans Fruit Milk	29 Walking Taco w/Rice OR Hot & Spicy Chicken Patty Sandwich Refried Beans Fruit Milk



Whole Grains Available Daily

Adult Lunch Price: \$

Second Lunch Price: \$2.00

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

MENU SUBJECT TO

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

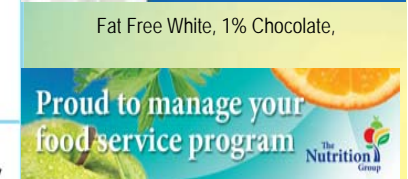


Assorted fruits and vegetables offered daily!  
 \*Must take at least one 1/2 cup of fruit or vegetable

*Vegetable Choices may include but not limited to:	*Fruit Choices may include but not limited to:
Broccoli Florets Dark Leafy Greens Legume Salads Celery & Cucumber Cauliflower Florets Corn Green Beans Peas Carrots	Crisp Apple Peaches Mixed Fruit Fresh Orange Banana Pineapple Tidbits Pears Applesauce Mandarin Oranges 100% Fruit Juice



Fat Free White, 1% Chocolate,



- \*Make half your plate fruits and vegetables.
- \*Focus on whole fruits and vary your veggies.
- \*Make half your grains whole grains.
- \*Move to low-fat or fat-free milk or yogurt.
- \*Vary your protein routine.
- \*Drink and eat less sodium, saturated fat, and added sugars.

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 \$1.55.

# Fretz Middle School Breakfast Menu

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<p>29 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>30 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>31 <u>CAFETERIA ONLY</u></p> <p>Egg &amp; Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>1 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>
<p>4 NO SCHOOL!! LABOR DAY</p>	<p>5 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>6 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>7 <u>CAFETERIA ONLY</u></p> <p>Egg &amp; Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>8 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>
<p>11 <u>CAFETERIA ONLY</u></p> <p>Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>12 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>13 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>14 <u>CAFETERIA ONLY</u></p> <p>Egg &amp; Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>15 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>
<p>18 <u>CAFETERIA ONLY</u></p> <p>Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>19 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>20 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>21 <u>CAFETERIA ONLY</u></p> <p>Egg &amp; Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Fat Free Milk Choice</p>	<p>22 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>
<p>25 <u>CAFETERIA ONLY</u></p> <p>Waffles w/Sausage Patty OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>26 <u>CAFETERIA ONLY</u></p> <p>Breakfast Pizza OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>27 <u>CAFETERIA ONLY</u></p> <p>Pancake Wrap OR Yogurt w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>28 <u>CAFETERIA ONLY</u></p> <p>Egg &amp; Cheese Sandwich OR Cereal w/Jungle Crackers</p> <p>Fruit Choice Milk Choice</p>	<p>29 <u>CAFETERIA ONLY</u></p> <p>French Toast Sticks 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>*Chocolate Muffin *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>*Mini French Toast *Banana Bread</p>	<p><u>FRIDAY KIOSK</u></p> <p>*Benefit Bar *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

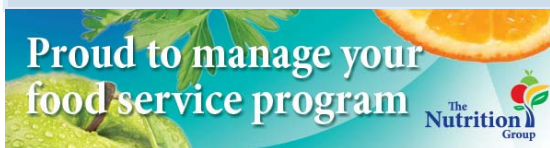
All students in the Bradford Area School District are entitled to one free breakfast and one free lunch for the school year 2017-2018. Second breakfasts will be charged at \$.80.



### Milk Offered Daily

1% Chocolate, 1% Strawberry,

1% Vanilla and Fat Free White



Adult Breakfast Price—\$

Second Breakfast Price—\$1.25

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**MENU SUBJECT TO CHANGE**

