

# Fretz Middle School Lunch Menu

## OCTOBER 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  |
|---|---|---|---|---|
| 2 Ham & Cheese Panini<br>OR Chicken Nuggets<br>w/WG Bread slice<br><br>Oven Fries<br>Fruit<br>Milk      | 3 Spaghetti & Meatballs<br>w/WG Bread Slice<br>OR Popcorn Chicken<br>w/WG Bread Slice<br><br>Corn<br>Fruit<br>Milk            | 4 <u>Create Your Own Bowl</u><br>BURRITO BOWL<br>w/Chicken OR Pork, Rice,<br>Beans, and Salsas<br><br>Confetti Bean Salad<br>Fruit<br>Milk          | 5 Macaroni & Cheese<br>w/WG Bread Slice OR<br>Mini Corn Dog Nuggets<br><br>Green Beans<br>Fruit<br>Milk                     | 6 Pancakes & Sausage<br>Links OR Hot & Spicy<br>Chicken Patty Sandwich<br><br>Hash Browns<br>Fruit<br>Milk                                    |
| 9<br><br>NO SCHOOL!!<br><br>IN-SERVICE DAY!!  | 10<br><br>NO SCHOOL!!<br><br>IN-SERVICE DAY!!   | 11<br>Fish Sticks<br>OR Hot & Spicy Chicken<br>Patty Sandwich<br><br>Mashed Potatoes w/Gravy<br>Fruit<br>Milk                                       | 12 Grilled Cheese<br>Sandwich OR Mini<br>Corn Dog Nuggets<br><br>Tomato Soup<br>Orange-White Bean Salad<br>Fruit<br>Milk    | 13 <u>Create Your Own Bowl</u><br>PASTA BOWL w/Marinara<br>OR Alfredo Sauce and<br>Chicken OR Meatballs<br><br>Romaine Salad<br>Fruit<br>Milk |
| 16 Cheeseburger on a Bun<br>OR Chicken Nuggets<br>w/WG Bread Slice<br><br>Oven Fries<br>Fruit<br>Milk   | 17 Cheese Quesadilla<br>w/Arroz con Queso<br>OR Popcorn Chicken<br>w/WG Bread Slice<br><br>Corn<br>Fruit<br>Milk              | 18 <u>Create Your Own Bowl</u><br>CHEESE STEAK BOWL<br>w/Chicken or Beef and<br>Assorted Toppings<br><br>BBQ'd Baked Beans<br>Fruit<br>Milk         | 19 Macaroni & Cheese<br>w/WG Bread Slice OR<br>Mini Corn Dog Nuggets<br><br>Seasoned Peas<br>Fruit<br>Milk<br>Fruited JellO | 20 French Toast Sticks &<br>Sausage Links OR<br>Hot & Spicy Chicken<br>Patty Sandwich<br><br>Hash Browns<br>Fruit<br>Milk                     |
| 23 Cheese Dog in a Blanket<br>OR Chicken Nuggets<br>w/WG Bread Slice<br><br>Oven Fries<br>Fruit<br>Milk | 24 Sweet & Sour<br>Meatballs over Egg<br>Noodles OR Popcorn<br>Chicken w/WG Bread Slice<br><br>Carrots<br>Fruit<br>Milk       | 25 <u>Create Your Own Bowl</u><br>PASTA BOWL w/Marinara<br>Sauce OR Alfredo Sauce<br>and Chicken OR Meatballs<br><br>Romaine Salad<br>Fruit<br>Milk | 26 Grilled Cheese<br>Sandwich OR Mini<br>Corn Dog Nuggets<br><br>Tomato Soup<br>White Bean Salad<br>Fruit<br>Milk           | 27 <u>Jamaican Pork over<br/>                     Rice</u> OR Hot & Spicy<br>Chicken Patty Sandwich<br><br>Green Beans<br>Fruit<br>Milk       |
| 30 Cheeseburger OR Chick-<br>en Nuggets<br>w/WG Bread Slice<br><br>Oven Fries<br>Fruit<br>Milk          | 31 Pulled Pork BBQ<br>Sandwich OR Popcorn<br>Chicken w/WG Bread Slice<br><br>Corn<br>Fruit<br>Milk<br>Vanilla Pumpkin Pudding |   |   |   |

Whole Grains Available Daily

**MENU SUBJECT TO CHANGE**

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

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

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

**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
- 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

**Milk**

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

**Turner's**

Proud to manage your food service program

**HAPPY HALLOWEEN**

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.

# Fretz Middle School Breakfast Menu

## OCTOBER 2017

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

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Cafeteria Supervisor: Ann Esch \* 814-368-6666

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| MONDAY  | TUESDAY   | WEDNESDAY  | THURSDAY   | FRIDAY  |
|---|---|--|--|---|
| 2 <u>CAFETERIA ONLY</u><br>Waffles w/Sausage Patty OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice  | 3 <u>CAFETERIA ONLY</u><br>Breakfast Pizza OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice  | 4 <u>CAFETERIA ONLY</u><br>Pancake Wrap OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice  | 5 <u>CAFETERIA ONLY</u><br>Egg & Cheese Sandwich OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice           | 6 <u>CAFETERIA ONLY</u><br>French Toast Sticks OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice  |
| 9<br><br>NO SCHOOL!!<br><br>IN-SERVICE DAY!!  | 10<br><br>NO SCHOOL!!<br><br>IN-SERVICE DAY!!   | 11 <u>CAFETERIA ONLY</u><br>Pancake Wrap OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 12 <u>CAFETERIA ONLY</u><br>Egg & Cheese Sandwich OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice          | 13 <u>CAFETERIA ONLY</u><br>French Toast Sticks OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice   |
| 16 <u>CAFETERIA ONLY</u><br>Waffles w/Sausage Patty OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 17 <u>CAFETERIA ONLY</u><br>Breakfast Pizza OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 18 <u>CAFETERIA ONLY</u><br>Pancake Wrap OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 19 <u>CAFETERIA ONLY</u><br>Egg & Cheese Sandwich OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice          | 20 <u>CAFETERIA ONLY</u><br>French Toast Sticks OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice   |
| 23 <u>CAFETERIA ONLY</u><br>Waffles w/Sausage Patty OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 24 <u>CAFETERIA ONLY</u><br>Breakfast Pizza OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 25 <u>CAFETERIA ONLY</u><br>Pancake Wrap OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 26 <u>CAFETERIA ONLY</u><br>Egg & Cheese Sandwich OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Fat Free Milk Choice | 27 <u>CAFETERIA ONLY</u><br>French Toast Sticks OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice   |
| 30 <u>CAFETERIA ONLY</u><br>Waffles w/Sausage Patty OR<br>Yogurt w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | 31 <u>CAFETERIA ONLY</u><br>Breakfast Pizza OR<br>Cereal w/Jungle Crackers<br><br>Fruit Choice<br>Milk Choice | <br><b>HAPPY HALLOWEEN</b>   | <br><b>Reinhart</b><br>FOODSERVICE<br>Get it right from us.  | 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 |
| <u>MONDAY KIOSK</u><br>*Cinnamon Roll<br>*Yogurt and Jungle Crackers  | <u>TUESDAY KIOSK</u><br>*Mini Loaf w/Jungle Crackers<br>*Mini Bagels  | <u>WEDNESDAY KIOSK</u><br>*Chocolate Covered Donuts<br>*Yogurt and Jungle Crackers                         | <u>THURSDAY KIOSK</u><br>*Mini French Toast<br>*Cinnamon Burst Bread   | <u>FRIDAY KIOSK</u><br>*Goody Ring Glazed Donut<br>*Yogurt and Jungle Crackers  |

### 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

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### Milk Offered Daily

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



### Proud to manage your food service program



Adult Breakfast Price—\$1.85

Second Breakfast Price—\$1.25

*MENU SUBJECT TO CHANGE*