

## BREAKFAST

### MONDAY

Breakfast Pizza

### TUESDAY

Egg, Ham, and  
Cheese Sandwich

### WEDNESDAY

French Toast Sticks with  
Warm Maple Syrup

### THURSDAY

Scrambled Eggs and Sausage

### FRIDAY

Cinnamon Roll

### Everyday Choices:

Peanut Butter and Jelly Bar, Bagel,  
Fruit Muffin, OR Cereal and Toast

### Breakfast Prices

**\$.30 reduced; \$.70 paid; \$1.20 adult**

Extra Milks-\$.50

In order to qualify for a reimbursable **breakfast**, you must choose 3 of the 4 components: Meat/Meat alt, or Bread/Bread alt, or Meat/Bread, Fruit/Vegetable, Milk.

All breakfasts and lunches are served with an assortment of fruit choices and milk choice. Milk choices include Fat Free White and Fat Free Flavors. Applesauce and carrot and/or celery



Drinking milk at school is cool! The National Dairy Council recommends three servings a day of low fat milk products. Nutrition, Inc. offers a variety of fat free milk that includes white and flavored

**Hot chocolate (also called hot cocoa, drinking chocolate or just cocoa) is a hot drink. It is usually made by mixing chocolate or cocoa powder and sugar with warm milk or water. Hot chocolate is usually drunk to make the drinker feel happier or warmer.**

## FRETZ MIDDLE SCHOOL BREAKFAST & LUNCH MENU JANUARY 2012

- 3 CHICKEN NUGGETS with BREAD SLICE, WHIPPED POTATOES with GRAVY
- 4 PHILLY CHEESESTEAK WEDGIE, BUTTERED CORN
- 5 MACARONI & CHEESE with WHOLE WHEAT BREAD SLICE, GREEN BEANS
- 6 PULLED PORK SANDWICH, STEAMED CARROTS
- 9 BUFFALO CHICKEN QUESADILLA, OVEN FRIES
- 10 GRILLED CHEESE SANDWICH with TOMATO SOUP and CRACKERS, MIXED VEGETABLES
- 11 HOT PORK SANDWICH with GRAVY, BUTTERED CORN
- 12 BAKED LASAGNA with GARLIC BREADSTICK, GARDEN SALAD
- 13 MINI CORN DOGS with BREAD SLICE, STEAMED GREEN BEANS
- 16 NO SCHOOL!!
- 17 CHEESE DOG IN A BLANKET, OVEN FRIES
- 18 CHICKEN ALFREDO over PASTA with GARLIC BREADSTICK, BROCCOLI
- 19 BBQ PORK WEDGIE, GOLDEN CORN
- 20 SLOPPY JOE on a BUN, MIXED VEGETABLES
- 23 FISH STICKS with WHOLE WHEAT BREAD SLICE, GREEN BEANS
- 24 HOT MEATLOAF SANDWICH, MASHED POTATOES with GRAVY
- 25 PORK BURRITO with FIESTA RICE, BUTTERED CORN
- 26 SPAGHETTI and MEAT SAUCE with GARLIC BREADSTICK, GARDEN SALAD
- 27 PANCAKES and SAUSAGE with MAPLE SYRUP, HASH BROWN PATTY
- 30 CHICKEN NUGGETS with WHOLE WHEAT BREAD, BUTTERED CORN
- 31 MEATBALL SUB, GREEN BEANS

*All ground meat items may contain a combination of ground beef, Pork, and/or turkey. Menu items are subject to change.*



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### Everyday Choices:

Choose Two for a Healthier You Salads and Sandwiches, Chicken Patty Sandwich, Hamburger or Cheeseburger on a Bun, Pepperoni Pizza, Cheese Pizza, Made-to-Order Sandwich, Premade Salad with Roll or Deli Sandwich Including Triple Decker PBJ Sandwich

### DAILY FAVORITES

#### MONDAY

White Pizza  
Hot Ham and Cheese Melt

#### TUESDAY

Cheese Steak Pizza  
Spicy Chicken Patty  
Sandwich

#### WEDNESDAY

Buffalo Chicken Wing Pizza  
Grilled Chicken Sandwich

#### THURSDAY

Taco Pizza  
Buffalo Chicken Sandwich

#### FRIDAY

BBQ Ham Pizza  
Fish Sandwich

### Lunch Prices:

**\$.40 reduced; \$1.45 paid; \$2.75 adult**

Extra Milks-\$.50

In order to qualify for a reimbursable **lunch**, you must choose 3, 4 or 5 items from these components: meat/meat alt., fruit and/or vegetable, bread, and milk.



Soups contain many key ingredients that help to improve your health -- mainly vitamins, minerals and antioxidants, which are all needed to sustain good health and to reverse health problems. Eating soup is a good way to stay hydrated and get most of the vitamins and minerals your body needs.