

# Frontier School of Excellence February - 2012




All Meals include 8oz. 1% Milk

## Nutrition Tidbit:

## Breakfast is Brain food!

It has been shown that eating breakfast increases your test scores, improves attendance and improves your behavior in class.

Have your group meetings at breakfast time. Have breakfast with your coach on game day. Have breakfast with your teachers.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Nutrition: Parents encourage your kids to eat their vegetables and fruit on a daily basis, it is also important to make sure we have a whole grain intake and protein every day; this will help them to have a healthier life style, and to grow up stronger</p>		<p>1 Apple cinnamon oatmeal Banana, &amp; milk</p> <p>Chicken Fajitas w/ Spanish rice cheese and shredded lettuce, Tropical fruit</p>	<p>2 Strawberry yogurt Raisin bread Apple juice and milk</p> <p>Cheese burger on a whole wheat bun Ketchup mustard, lettuce , sun chips and sliced peaches</p>	<p>3 Breakfast hot pocket: turkey sausage, eggs &amp; cheese fresh fruit milk</p> <p>Country Fries Steak/ w/ Mashed potato &amp; gravy Mandarin oranges</p>
<p>6 Cheerios milk Apple mini muffin Juice &amp; milk</p> <p>Super nachos [ ground beef , cheese, lettuce picante sauce tortilla chips] Diced pears beans</p>	<p>7 Mini Wheat Cereal Banana muffin milk Juice Orange</p> <p>Spaghetti w/ meatballs Sweet corn, Rose Mary apple sauce Whole wheat bread</p>	<p>8 Turkey sausage and cheese biscuit sandwich Apple milk</p> <p>Meatloaf w/ <b>mashed</b> potato &amp; gravy Fresh Fruit, peas &amp; carrots Wheat Bread</p>	<p>9 Vanilla Yogurt Cinnamon Bread Apple Juice Milk</p> <p>Pop corn chicken bites, mashed potato, Banana, Wheat bread</p>	<p>10 Breakfast corn dog Banana - Fresh Fruit milk</p> <p>Turkey Tetrzzini, w/ home made noodles mix vegetables, Wheat bread</p>
<p>13 Coco Roo's cereal, Juice &amp; Milk, blue berry muffin</p> <p>Breaded chicken sandwich on a wheat bun w/ Mayo package baby carrots Fruit cocktail</p>	<p>14 Rice Chex cereal, milk Orange Juice Mini loaf muffin</p> <p>Grilled chicken Fajitas/ cheese, salsa Diced peaches, Mexican rice whole wheat bread</p>	<p>15 Breakfast burrito w/ salsa Apples, &amp; Milk</p> <p>Grilled turkey hot dog on a wheat bun Peas &amp; carrots Mix fruit</p>	<p>16 Vanilla Yogurt Granola Bar Raisins Apple Juice milk</p> <p>Potato and chicken casserole with vegetables, fruit, and wheat bread</p>	<p>17 Chicken twin biscuits Banana - Fresh Fruit milk</p> <p>Turkey sandwich w/ cheese on Wheat bread Sun chips Baby carrots Apple</p>
<p>20  <b>President's day</b></p>	<p>21 Crunch Berries Juice &amp; milk, Chocolate Mini muffin</p> <p>Penne Pasta w/ meat sauce With salad mix, ranch dressing Diced pears Whole wheat bread</p>	<p>22 Turkey sausage and cheese biscuit Banana – milk</p> <p><b>Cheese Pizza</b> Mix greens salad w/ ranch Mandarin oranges</p>	<p>23 Peach Yogurt Granola bar Raisin bread, Juice Orange, milk</p> <p>Breaded chicken tenders/ served w/ mashed potato &amp; gravy Medley vegetable</p>	<p>24 French toast sticks, syrup &amp; butter milk &amp; orange</p> <p>Beef Fingers W/BBQ sauce, carrot coins, Cinnamon apples.</p>
<p>27 Shredded wheat mini cereal, Juice Apple strudel, &amp; milk</p> <p>Fish sticks w/ tartar sauce Peas and carrots, apple sauce Wheat bread</p>	<p>28 Corn Chex cereal, chocolate mini muffin, Juice and milk</p> <p>Sloppy Joe on a wheat bun sweet corn, fresh fruit</p>	<p>29 Apple cinnamon oatmeal Banana, &amp; milk</p> <p>Beef stew/ potatoes &amp; garden vegetables Tropical fruit, &amp; wheat bread</p>		

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