






# Frontier School of Excellence January - 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>3</p> 	<p>4</p> 	<p>5</p> <p>Strawberry yogurt Raisin bread Apple juice and milk</p> <p>Cheese burger on a whole wheat bun Ketchup mustard, lettuce pickles, sun chips and sliced peaches</p>	<p>6</p> <p>Breakfast hot pocket: turkey sausage, eggs &amp; cheese fresh fruit milk</p> <p>Penne pasta chicken Alfredo Garlic bread, Romaine salad w/ ranch dressing Mandarin oranges</p>
<p>9</p> <p>Cheerios Juice milk Apple mini muffin &amp; milk</p> <p>Super nachos [ ground beef , cheese, lettuce picante sauce tortilla chips] Apple sauce beans</p>	<p>10</p> <p>Mini Wheat Cereal Banana muffin milk Juice Orange</p> <p>BBQ Meatballs, Macaroni &amp; cheese Sweet corn, rose Mary apple sauce Whole wheat</p>	<p>11</p> <p>4</p> <p>Turkey sausage and cheese biscuit sandwich Apple milk</p> <p>Loaded baked potato w/ chili &amp; cheese, sour cream and butter Fresh Fruit Wheat Bread</p>	<p>12</p> <p>Vanilla Yogurt Cinnamon Bread Apple Juice 2% Milk</p> <p>Pop corn chicken bites, mashed potato, Banana, Wheat bread</p>	<p>13</p> <p>Breakfast corn dog Banana - Fresh Fruit milk &amp; toast</p> <p>Penne pasta w/ meat sauce Salad mix w/ Italian dressing, Orange fresh fruit Wheat bread</p>
<p>16</p> <p>Coco Roo's cereal, Orange Juice Milk, blue berry muffin</p> <p>Breaded chicken sandwich on a wheat bun w/ baby carrots Fruit cocktail</p>	<p>17</p> <p>Breakfast burrito w/ salsa Apples&amp; grapes, Milk</p> <p>Chili and cheese turkey hot dog on a wheat bun Peas &amp; carrots Mix fruit</p>	<p>18</p> <p>Vanilla Yogurt Granola Bar Raisins Apple Juice 2% milk</p> <p>Potato and chicken casserole with vegetables, fruit, and wheat bread</p>	<p>19</p> <p>Chicken twin biscuits Banana - Fresh Fruit milk</p> <p>Turkey sandwich on Wheat bread Sun chips Baby carrots Apple</p>	<p>20</p> <p>Crunch Berries Apple Juice milk, Chocolate Mini muffin</p> <p>Baked Lasagna With salad mix, ranch dressing Diced pears Whole wheat bread</p>
<p>23</p> <p>Corn Chex Cereal Mini Muffin, juice &amp; milk</p> <p>2 Beef Enchiladas w/ Mexican corn Shredded lettuce, tortilla chips Fruit</p>	<p>24</p> <p>Rice Chex cereal, milk Orange Juice Mini loaf muffin</p> <p>Baked herb Chicken Breast vegetables Diced peaches whole wheat bread</p>	<p>25</p> <p>Turkey sausage and cheese biscuit Banana – milk</p> <p>Cheese Pizza Mix greens salad w/ ranch Mandarin oranges</p>	<p>26</p> <p>Peach Yogurt Granola bar Raisin bread Juice &amp; milk</p> <p>Fish sticks w/ tartar sauce Peas and carrots, apple sauce Wheat bread</p>	<p>27</p> <p>Breakfast corn dog w/ turkey sausage, milk &amp; orange</p> <p>Sweet &amp; sour chicken over steamed rice, diced peaches, and fortune cookie</p>
<p>30</p> <p>Shredded wheat mini cereal, apple strudel, Juice &amp; milk</p> <p>Toasted cheese ravioli w/ marinara sauce green beans &amp; Rose Mary apple sauce</p>	<p>31</p> <p>Apple cinnamon oatmeal Banana, &amp; milk</p> <p>Sloppy Jose on a wheat bun w/ cheddar cheese sweet corn and fresh fruit</p>			

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