

# February 2010

## Frontier

**Balance your lunch.** When people talk about balanced meals, they mean meals that include a mix of food groups: some grains, some fruits, some vegetables, some meat or protein foods, and some dairy foods such as milk and cheese. Try to do this with your lunch. If you don't have a variety of foods on your plate, it's probably not balanced. A double order of french fries, for example, would not make for a balanced lunch.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>Honey Nut Cheerios Cereal Blueberry Muffin w/ Margarine Orange Juice</p> <p>Smothered Grilled Chicken Served Over Rice Mixed Vegetables Sliced Peaches</p>	<p>2</p> <p>Breakfast Burrito Banana - Fresh Fruit</p> <p>Chili W/ Crackers Celery Sticks with Ranch Dressing Diced Pears &amp; Strawberries</p>	<p>3</p> <p>Sausage Biscuit w/ Jelly Apple Juice</p> <p>Chicken Patty Sandwich w/ Salad Dressing Tossed Salad w/ Spinach &amp; Ranch Dressing Fresh Pear – Hand Fruit</p>	<p>4</p> <p>Bagel &amp; Cream Cheese w/ Jelly Apple – Fresh Fruit</p> <p>Nacho Chips topped with a Beefy-Cheesy Sauce Seasoned Corn Grapes - Hand Fruit</p>	<p>5</p> <p>Egg Casserole &amp; Mini Biscuit Orange Juice</p> <p>BBQ Beef on Wheat Bun Seasoned Corn Banana</p>
<p>8</p> <p>2 Waffles w/ Syrup &amp; Margarine Orange Juice</p> <p>Oven Crispy Fish Wedge Seasoned Green Beans Wheat Bread Mixed Fruit</p>	<p>9</p> <p>Pancake on a stick w/ Syrup Apple – Fresh Fruit</p> <p>Chicken Tenders BBQ dipping sauce Mixed Vegetables Oranges - Hand Fruit</p>	<p>10</p> <p>French Toast Sticks w/ Syrup Apple Juice</p> <p>Country Fried Mashed Potatoes &amp; Gravy Broccoli w/ Ranch Dressing Wheat Bread w/ Margarine</p>	<p>11</p> <p>Egg Casserole Honey Wheat Bar Banana - Fresh Fruit</p> <p>Hot Dog on Wheat Bun w/ Ketchup &amp; Mustard Baked Beans Cinnamon Apples</p>	<p>12</p> <p>Frosted Flakes Cereal Super Cinnamon Bun Orange Juice</p> <p>Burrito w/ Taco Sauce Nacho Chips Shredded Lettuce with Diced Tomatoes Apple – Hand Fruit</p>
<p>15</p> <p><b>Closed For Holiday</b></p>	<p>16</p> <p>French Toast w/ Margarine &amp; Syrup Apple – Fresh Fruit</p> <p><b><u>Chinese New Year (2-14-10)</u></b> Teriyaki Grill Bites Served over Rice Oriental Vegetables Fortune Cookies Mandarin Oranges</p>	<p>17</p> <p>Yogurt Super Donut Apple Juice</p> <p>Chili Mac Tossed Salad w/ Spinach &amp; Ranch Dressing Banana – Hand Fruit</p>	<p>18</p> <p>Bagel w/ Cream Cheese w/ Jelly Red Delicious Apple</p> <p>BBQ Riblette on Hoagie Bun Potato Salad Golden Delicious Apple</p>	<p>19</p> <p>Honey Nut Cheerios Cereal Blueberry Muffin w/ Margarine Orange Juice</p> <p>Burger on Bun (Cheese on side) w/ Ketchup &amp; Mustard Potato Wedges Applesauce</p>
<p>22</p> <p>Yogurt Cinnamon Swirl Orange Juice</p> <p>Salisbury Steak Mashed Potatoes &amp; Gravy Carrot Sticks w/ Ranch Dressing Wheat Bread w/ Margarine</p>	<p>23</p> <p>Pancake on a stick w/ Syrup Apple</p> <p><b><u>Mid Winter Picnic</u></b> Baked Chicken Thigh Potato Salad Cole Slaw Hot Dessert</p>	<p>24</p> <p>Sausage Biscuit w/ Jelly Apple Juice</p> <p>Meatball Sub Seasoned Corn Goldfish Crackers Golden Delicious Apple</p>	<p>25</p> <p>-Egg Casserole &amp; Mini Biscuit Banana - Fresh Fruit</p> <p>Chicken Alfredo Over Pene Pasta Tossed Salad w/ Spinach &amp; Ranch Dressing Bread Stick</p>	<p>26</p> <p>Mini Pancakes w/ Margarine &amp; Syrup Orange Juice</p> <p>Taco Salad w/ Taco Sauce Mexican Corn Diced Pears</p>

## 春 Chinese New Year 岁次 2010 庚寅

2010 is the Year of the Tiger,  
which is also known by its formal name of Geng Yin.

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Treat America School Food Service

Menu subject to change

Susan Young – K-12 General Manager