




# Frontier School –December - 2011

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>5</p> <p>Mini Wheat Cereal Banana muffin milk Juice Orange</p> <p>Cheese burger on a whole wheat bun ketchup and mustard lettuce Sun chips, Rosy Apple sauce</p>	<p>6</p> <p>Turkey sausage and cheese biscuit sandwich Apple milk</p> <p>Chili w/ cheese Corn chips Fresh Fruit Wheat Bread</p>	<p>7</p> <p>Vanilla Yogurt Cinnamon Bread Apple Juice 2% Milk</p> <p>Meatball Sub w/ mozzarella cheese On a wheat hot dog bun Fresh vegetable Mix fruit</p>	<p>1</p> <p>French toast fresh fruit milk</p> <p>Cheese Boscocos w/ marinara sauce Romaine Salad w/ ranch dressing Diced Peaches</p>	<p>2</p> <p>Cheerios fresh fruit milk Apple mini muffin</p> <p>Super nachos [ground beef, cheese, lettuce picante sauce tortilla chips] Apple sauce beans</p>
<p>12</p> <p>Rice Chex cereal, milk Orange Juice Mini loaf muffin</p> <p><b>Beef &amp; bean burrito w/ Mexican corn</b> Shredded lettuce, tortilla chips</p>	<p>13</p> <p>Breakfast burrito w/ salsa Apples &amp; grapes, Milk</p> <p>Grilled turkey hot dogs Ketchup and mustard Peas &amp; carrots Mix fruit</p>	<p>14</p> <p>Vanilla Yogurt Granola Bar Raisins Apple Juice 2% milk</p> <p>Spaghetti meat sauce Salad w/ ranch dressing Apples &amp; grapes</p>	<p>15</p> <p>Mini pancakes Banana - Fresh Fruit milk</p> <p>Christmas lunch Turkey, mashed potato gravy Green beans Chocolate brownie</p>	<p>9</p> <p>Coco Roo's cereal, Orange Milk, blue berry muffin</p> <p>Breaded chicken sandwich on a wheat bun w/ baby carrots Fresh orange</p>
<p>19</p> <p>Holiday Break No School</p>	<p>20</p> <p>Holiday Break No School</p>	<p>21</p> <p>Holiday Break No School</p>	<p>22</p> <p>Holiday break No School</p>	<p>23</p> <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>26</p> <p>Holiday Break No School</p>	<p>27</p> <p>Holiday break No School</p>	<p>28</p> <p>Holiday Break No School</p>	<p>29</p>	<p>30</p> <p></p>

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