





Frontier School - November - 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>1 Chicken ring biscuits twins Apple fresh fruit & milk</p> <p>Cheese Pizza pizza, salad w/ Italian dressing Cocktail fruit</p>	<p>2 Strawberry Yogurt Granola Bar Raisins Orange Juice milk</p> <p>Cheese burger on a whole wheat bun ketchup and mustard lettuce Sun chips, Rosy Apple sauce</p>	<p>3 Griddle bake, sausage patty fresh fruit milk</p> <p>Grilled lemon herb Chicken Breast vegetables Diced peaches whole wheat bread</p>	<p>4 Cheerios fresh fruit milk, Mini muffin</p> <p>Super nachos [ground beef , cheese, lettuce picante sauce tortilla chips] Apple sauce beans</p>
<p>7 Mini Wheat Cereal Banana muffin milk Juice Orange</p> <p>Beef fingers w/ Baked potato & fresh fruit</p>	<p>8 Turkey sausage and cheese biscuit sandwich Apple milk</p> <p>Chili w/ cheese Corn chips Fresh Fruit Wheat Bread</p>	<p>9 Vanilla Yogurt Cinnamon Bread Apple Juice 2% Milk</p> <p>BBQ beef on a wheat bun sun chips Pineapple and strawberries</p>	<p>10 Cheese Omelet Banana - Fresh Fruit milk & toast</p> <p>Chicken breast Strip fritter w/ corn Pears fruit</p>	<p>11 Coco Roo's cereal, Orange Milk, mini muffin</p> <p>Home-style chicken sandwich on a wheat bun w/ baby carrots Fresh orange</p>
<p>14 Rice Chex cereal, milk Orange Juice Mini loaf blueberry</p> <p>Beef & bean burrito w/ Spanish rice Shredded lettuce, tortilla chips Orange</p>	<p>15 Breakfast burrito w/ salsa Apples & grapes, Milk</p> <p>Submarine sandwich Harvest cheddar sun chips Baby carrots Apple slices</p>	<p>16 Vanilla Yogurt Granola Bar Raisins Apple Juice 2% milk</p> <p>Spaghetti meatballs w/ cheese Salad w/ ranch dressing Apples & grapes</p>	<p>17 Mini pancakes Banana - Fresh Fruit milk</p> <p>Thanksgiving meal</p> <p>Turkey mashed potato, gravy Green beans, wheat bread & butter Sugar cookie</p>	<p>18 Crunch Berries Apple fresh fruit milk, Mini muffin</p> <p>Grilled turkey hot dogs Ketchup and mustard Sweet corn Mix fruit</p>
<p>21 Frosted mini wheat's Orange juice mini muffin & milk</p> <p>Mini corn dog Green beans Sliced peaches Wheat bread</p>	<p>22 Hot breakfast Apple, & milk</p> <p>Turkey Casserole w/ noodles & vegetables Peaches, wheat bread</p>	<p>23 No School</p> 	<p>24 Happy Thanksgiving May All your Sweet Dreams Come True</p> 	<p>25</p> 
<p>28 Raisin Bran Cereal Banana Muffin w/ Margarine Orange Juice 2% Milk</p> <p>Chicken baked steak Mashed potato & gravy Apple slices, wheat Bread</p>	<p>29 Breakfast corn dog Apple - milk</p> <p>Whole wheat Penne w/ meat sauce Mini bosco, salad mix w/ ranch Sliced Apples</p>	<p>30 Corn Chex Cereal Mini Muffin, juice & milk</p> <p>Sloppy Joe Vegetable Fruit Cocktail</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>



"In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write UDA, Director, Office of Civil Rights, 1400 Independence Avenue, S. W., Washington D. C. 20250-9411 or call (800) 795-3272 (voice) or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."