

Frontier School menu - October - 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>3 Raisin bran cereal Fresh strawberries Milk</p> <p>Grilled lemon herb Chicken Breast California Medley vegetables Diced peaches whole wheat bread</p>	<p>4 Chicken ring biscuit twins Apple fresh fruit milk</p> <p>Potato & chicken stew w/ blend in vegetables wheat bread mix fruit</p>	<p>5 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>6 Breakfast corn dog w/ turkey sausage fresh fruit milk</p> <p>Smoked chicken thighs w/ bbq sauce, mix vegetable Mandarin oranges Whole wheat bread</p>	<p>7 Cheerios fresh fruit milk, Wheat toast</p> <p>Super nachos [ground beef , cheese, lettuce picante sauce tortilla chips] Apple sauce beans</p>
<p>10 Mini Wheat Cereal Banana muffin milk Juice Orange</p> <p>Beef fingers w/ mashed potato & gravy & fresh fruit</p>	<p>11 Turkey sausage and cheese biscuit sandwich Apple milk</p> <p>BBQ beef on a wheat bun sun chips Pineapple and strawberries</p>	<p>12 Vanilla Yogurt Cinnamon Bread Apple Juice 2% Milk</p> <p>Pasta Alfredo w/ chicken And vegetables Wheat bread Peaches</p>	<p>13 Cheese Omelet Banana - Fresh Fruit milk & toast</p> <p>Buffalo chicken Pizza Salad mix with ranch dressing Mix cocktail fruit</p>	<p>14 Coco Roo's cereal, Apple Juice Milk, toast</p> <p>Baked Potato Bar w/ chili & cheese steamed broccoli Fresh fruit</p>
<p>17 Rice Chex cereal, milk Orange Juice Mini loaf blueberry</p> <p>Beef & been burrito w/ Spanish rice Shredded lettuce, tortilla chips Orange</p>	<p>18 Breakfast burrito w/ salsa Apples & grapes, Milk</p> <p>Grilled turkey hot dogs Ketchup and mustard Sweet corn Mix fruit</p>	<p>19 Vanilla Yogurt Granola Bar Raisins Apple Juice 2% milk</p> <p>Meatball sub w/ mozzarella cheese On a wheat hot dog bun Sun chips harvest cheddar Apples & grapes</p>	<p>20 Biscuits & Gravy Banana - Fresh Fruit milk</p> <p>Spicy chicken sandwich on a wheat bun w/ baby carrots Fresh orange</p>	<p>21 Frosted flakes cereal Orange juice Milk</p> <p>Submarine sandwich [turkey ham, roast beef and turkey shredded lettuce salad dressing], BBQ chips Whole apple fresh fruit</p>
<p>24 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>25 Breakfast corn dog Apple - milk</p> <p>Pepperoni Pizza Stix Sliced Apples & grapes Sweet Corn</p>	<p>26 Peach Yogurt Raisin Bread Apple Juice milk</p> <p>Whole wheat Penne w/ meat sauce Mini bosco, salad mix w/ ranch Sliced Apples</p>	<p>27 Biscuit sandwich Turkey sausage & cheese Orange wedges - milk</p> <p>Chicken nuggets Macaroni & cheese Sliced pears Wheat Bread</p>	<p>28 Crunch Berries Apple fresh fruit milk, wheat Toast</p> <p>Mini Corn dogs Green beans Sliced peaches Wheat bread</p>
<p>31 Corn chex cereal Fresh orange milk</p> <p>Chicken Breast Marsala Over brown rice Mix fruit, wheat bread</p>		<p>HAPPY HALLOWEEN</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>

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