

March 2010

Frontier

National Nutrition Month
 Start with the basics. A healthy eating plan emphasizes fruits, vegetables, whole grain, low fat or fat free dairy and lean meats. Choose nutrient-rich rather than "good" or "bad" foods. Focus on eating a variety of foods from all the food groups. Make the most of family mealtime. Eating meals together provides the opportunity to help children develop a healthy attitude toward food. Balance physical activity and healthful diet for overall health and fitness.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Raisin Bran Cereal Banana Muffin w/ Margarine Orange Juice</p> <p>BBQ Beef on Wheat Bun Baked Beans Potato Salad Banana</p>	<p>2 Breakfast Burrito Banana - Fresh Fruit</p> <p>Nacho Chips topped with a Beefy-Cheesy Sauce Seasoned Corn Grapes - Hand Fruit</p>	<p>3 Biscuit & Gravy Apple Juice</p> <p>Pasta w/ Meat Sauce Tossed Salad w/ Spinach w/ Ranch Dressing Diced Pears</p>	<p>4 Bagel & Cream Cheese w/ Jelly Apple - Fresh Fruit</p> <p>Chicken Tenders BBQ dipping sauce Mixed Vegetables Oranges - Hand Fruit</p>	<p>5 Egg Casserole & Mini Biscuit Orange Juice</p> <p>Salisbury Steak Mashed Potatoes & Gravy Carrot Sticks w/ Ranch Dressing Wheat Bread w/ Margarine</p>
<p>8 Frosted Flake Cereal Super Cinnamon Bun Orange Juice</p> <p>Chicken Alfredo w/ Pasta Tossed Salad w/ Spinach & Ranch Dressing Bread Stick</p>	<p>9 Pancake on a stick w/ Syrup Apple - Fresh Fruit</p> <p>Meatball Sub Seasoned Corn Mixed Fruit</p>	<p>10 Yogurt Parfait (Vanilla Yogurt topped with Strawberries & Granola) Granola Bar Apple Juice</p> <p>Chicken Patty Sandwich w/ Salad Dressing Tossed Salad w/ Spinach & Ranch Dressing Fresh Pear - Hand Fruit</p>	<p>11 Egg Casserole Honey Wheat Bar Banana - Fresh Fruit</p> <p>Burger on Bun (Cheese on side) w/ Ketchup & Mustard Potato Wedges Applesauce</p>	<p>12 2 Waffles w/ Syrup & Margarine Orange Juice</p> <p>Turkey & Cheese Sandwich Carrot Sticks w/ Ranch Dressing Goldfish Crackers Fresh Apple</p>
<p>15 Yogurt Baseball Donut Apple Juice</p> <p>Country Fried Mashed Potatoes & Gravy Broccoli w/ Ranch Dressing Wheat Bread w/ Margarine</p>	<p>16 French Toast Sticks w/ Margarine & Syrup Apple - Fresh Fruit</p> <p>Chili Mac Tossed Salad w/ Spinach & Ranch Dressing Banana - Hand Fruit</p>	<p>17 Sausage Biscuit w/ Jelly Apple Juice</p> <p>Taco Salad w/ Taco Sauce Mexican Corn Sliced Peaches</p>	<p>18 Bagel w/ Cream Cheese w/ Jelly Red Delicious Apple</p> <p>Chicken Salad on a Wheat Tortilla w/ Shredded Lettuce, Diced Tomatoes Mandarin Oranges</p>	<p>19 Toasted O's Cereal Blueberry Muffin w/ Margarine Orange Juice</p> <p>Oriental Egg Roll Oriental Vegetables White Rice Orange - Hand Fruit</p>
22	23	24	25	26
	Spring		Break	
<p>29 Cereal Apple Cinnamon Muffin w/ Margarine Orange Juice</p> <p>BBQ Chicken on Wheat Bun Potato Salad Fresh Orange</p>	<p>30 AV - Yogurt Yogurt Parfait (Vanilla Yogurt topped with Strawberries & Granola) Granola Bar Fresh Grapes</p> <p>National Hot Dog Day Hot Dog on Wheat Bun w/ Ketchup & Mustard Mixed Vegetables Cinnamon Apples</p>	<p>31 Sausage Biscuit w/ Jelly Apple Juice</p> <p>Chicken & Noodle Casserole Tossed Salad w/ Spinach & Ranch Dressing Wheat Bread Banana</p>	 <p>National Nutrition Month* March 2010 American Dietetic Association</p>	

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