

August 2009



Find the balance between food, fitness and fun!

Welcome Back

August 24th is the First Day of School

Check out our

NEW website:
www.FriscoCafe.org

*Choice of milk offered daily.
Fruit offered daily at lunch.*

Meal Prices 2009 - 2010

Student Breakfast \$1.00

Student Lunch \$2.10

Adult/Guest Breakfast \$1.35

Adult Guest Lunch \$2.85



You can put money on your child's meal account or monitor purchasing habits at www.paypams.com.

FRISCO Café
by Frisco ISD Child Nutrition

Monday	Tuesday	Wednesday	Thursday	Friday
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EAT BETTER	PLAY HARDER	LEARN EASIER	LIVE HEALTHIER	
Try lots of different fruits, veggies, and whole grains for a healthy diet. You're bound to find a few you really like!	Over 18 million kids, adolescents, and young adults in the US play soccer. In an hour of practice, the average kid can burn up to 700 calories while having fun!	Organization is key to success in school. Keep your backpack organized and you will do better in school assignments!	Vitamin D Every vitamin does something special for your health. Dairy products, fish and fortified cereal are great sources of Vitamin D.	
				21 Meet the Teacher Night 5:30 p.m. – 6:30 p.m.
24 Baked Chicken Nuggets Meatball Sandwich Vegetable Lo Mein Creamy Mashed Potatoes Seasoned Green Beans Baked Fruit Turnover	25 Riblet on a Bun Pasta with Meat sauce Grilled Cheese w Chips California Veggies Scalloped Potatoes Fresh Baked Brownie	26 Cheeseburger Chicken Sandwich Mac & Cheese with Roll Potato Smiles Lettuce, Tomato & Pickle Cup Rice Krispie Treat	27 Chicken Drumsticks Cheese Nachos Bean Burrito with Queso Refried Beans Spanish Rice Fresh Baked Cookie	28 Papa John's Cheese Pizza Papa John's Pepperoni Pizza Fish Nuggets Sweet Yellow Corn Sliced Cucumbers Fresh Baked Peach Crisp
31 Steak Fingers with Roll Popcorn Chicken with Roll Pasta with Marinara & Roll Creamy Mashed Potatoes Seasoned Green Beans Pudding	<p>Lunch shouldn't be optional. Every child needs to eat a good midday meal to be able to learn well. That's why we work hard to keep our meal prices as low as possible. That's also why we provide free & reduced meals for families that qualify. Apply online at www.friscocafe.org.</p>			

Breakfast Menu

Offered Daily: Wheat Cinnamon Roll, Yogurt, Fruit Juice, Milk

MONDAY
Pancake Wrap
Cereal with Toast

TUESDAY
French Toast Sticks
Cereal with Toast

WEDNESDAY
Stuffed Hash Brown
Cereal with Toast

THURSDAY
Biscuit with Chicken
Cereal with Toast

FRIDAY
Pancakes with Sausage
Cereal with Toast