



SAINT FRANCIS HIGH SCHOOL

A Holy Cross school educating hearts and minds to serve the world

Cross Country Dietary Recommendations

Breakfast:

1. Oatmeal w/ raisins, fruit, juice, bagel
2. bagel with peanut butter, bananas; juice, milk
3. eggs, toast, fruit juice, milk or cheese in eggs
4. banana, juice, milk or cheese slices, toast or bagel
5. (French toast, waffles or pancakes) with jelly, not syrup, bananas or other fruit, juice, milk
6. yogurt with granola, juice, bagel

Lunch:

1. peanut butter and honey or jelly sandwich, fruit, pretzels, milk or yogurt
2. tuna fish sandwich or on crackers, fruit, milk or yogurt,
3. carrot sticks, cheese slices and crackers or pretzels, apple and yogurt or milk
4. green salad, fruit and cottage cheese, water, pretzels.
5. leftover noodles from dinner, juice, milk or water, fruit, cheese or carrot sticks

Dinner:

1. On interval days: starch: noodles, rice or potatoes,
2. At least 3 servings of meat or protein per week
3. If you do not eat meat, eat fish, tofu, or dark bean mixtures to obtain your protein
4. Vegetables, Fruit and Milk product nightly
5. Dark leafy vegetables for iron and roughage

Snacks:

Small yogurt for calcium-bones
Pretzels, bagels, toast with honey
Apples, raisins, apricots, bananas for iron
Popcorn, light on butter and sugars
Fruit, fruit cocktail, jello and fruit
Sherbert
Oatmeal or malto-meal
Anything low in sugar, fat and salts. We want protein and complex carbohydrates

Concerns:

Water

Protein for building muscles

Calcium for strong bones and muscles, nervous system

Iron—oxygen carrying capacity

Electrolytes: replace sweat—nervous, muscular systems

Balanced diet for good balance nutrients for better body functions and recuperation.

Special thanks to the Girl's Varsity head Cross Country Coach Roberta Chisam for compiling this information.