



# August 2017

## Freedom Preparatory Academy Vineyard

### 1-5 Lunch Menu



Welcome Back!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>You can pay for lunches online.</p> <p><b>Tossed side salads offered daily!*</b></p>	<p><b>15</b> Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit</p>	<p><b>16</b> Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit Fortune Cookie</p>	<p><b>17</b> Macaroni &amp; Cheese (Baked from scratch with real cheese!)</p> <p>Breadstick Peas &amp; Carrots Pineapple Fresh Fruit</p>	<p><b>18</b> Hamburger on a Bun Lettuce, Tomato, Onions &amp; Cucumbers Ranch Beans Farm Fresh Corn on the Cob Applesauce Fresh Fruit</p>
<p><b>21</b> Pizza Marinara Cheesy Garlic Roll Spinach Salad Pears Fresh Fruit</p>	<p><b>22</b> Nachos with <i>Baked Tostitos</i> Bean Dip Fresh Pico de Gallo Spanish Rice Carrots &amp; Celery Peaches Fresh Fruit</p>	<p><b>23</b> Meatball Sandwich Broccoli Salad <i>Sun Chips</i> Applesauce Fresh Fruit</p>	<p><b>24</b> Hawaiian Haystacks (Steamed brown rice, Chicken in Gravy Topping Choices: Pineapple, Chopped Celery, Chow Mein Noodles, Coconut, Cheese, Peppers, Green Onions) Peas Mandarin Oranges Fresh Fruit</p>	<p><b>25</b> Baked English Fish &amp; Chips (fries) Coleslaw Pineapple Fresh Fruit Cookie</p>
<p><b>28</b> Pizza Marinara Cheesy Garlic Roll Celery Cucumber Salad Mandarin Oranges Fresh Fruit</p>	<p><b>29</b> Enchiladas Refried Beans Fresh Pico de Gallo Corn Pears Fresh Fruit</p>	<p><b>30</b> Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie</p>	<p><b>31</b> Italian Sub Sandwich Lettuce, Tomato 3-Bean Salad Peaches Applesauce Fresh Fruit</p>	<p style="text-align: center;"><b>September 1</b></p> <p style="text-align: center;">No School</p>
<p><b>4</b> Labor Day</p>	<p><b>5</b> Bean &amp; Cheese Tostadas Shredded Lettuce Pico de Gallo Mandarin Oranges Fresh Fruit</p>	<p><b>6</b> Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions, &amp; Diced Ham Steamed Broccoli Dinner Roll Applesauce Fresh Fruit</p>	<p><b>7</b> Turkey, Mashed Potatoes &amp; Gravy WG Dinner Roll Peas &amp; Carrots Peaches Fresh Fruit</p>	<p><b>8</b> BBQ Riblet Sandwich Coleslaw Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob</p>
<p>We <b>NEVER</b> deep-fry anything.</p> <p>Virtually all our grains are whole-grain-rich (at least 50% whole grain).</p>	<p>Due to seasonal availability, we are not able to predict when we will be able to purchase certain types of fruit. Be assured that there will be a good variety of fresh fruit this time of year!</p> <p>Fresh Fruits offered: Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries Pears, Peaches, Nectarines, Kiwi, Plums</p> <p><b>We offer second helpings of vegetables &amp; fruit!</b></p>		<p>This institution is an equal opportunity provider. Tuscan Rotini Bolognese* Tossed Salad Italian Vegetables Garlic Breadstick Pears Fresh Fruit</p>	
				<p style="text-align: center;"><b>Prices</b></p> <p><b>K-5 - \$2.50</b> <b>Adult - \$3.80</b> <b>Milk - \$0.30</b> <b>Milk is included in the price of meals.</b></p>

\* Tossed side salad is offered daily except on half days and entrée-salad days.

**Please apply online for free or reduced-price meals** if there is a chance you could qualify (see the income chart on the application). You must reapply each year even if you qualified last year.


For instructions on completing your application, go to [freedomprep.net](http://freedomprep.net), choose “**Campuses**”.  
Click on “**Common Links**” then on “**Free and Reduced Lunch Application**”

If you have questions about applications, contact Lisa LaFleur (801) 437-3069.  
To volunteer in the cafeteria, call Annette Tanner 385-248-5408.



## August 2017 Freedom Preparatory Academy Vineyard 1-5 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	<b>15</b> Pancakes & Syrup Breakfast Sausage	<b>16</b> Scrambled Eggs w/ Ham Wheat Toast	<b>17</b> Build your own Yogurt Parfait Granola Topping Wheat Toast	<b>18</b> Pumpkin Muffin
<b>21</b> UBR (Ultimate Breakfast Round)	<b>22</b> Baked Oatmeal	<b>23</b> Egg, Ham & Cheese Muffin Sandwich	<b>24</b> WG Breakfast on a Stick	<b>25</b> Carrot Muffin
<b>28</b> UBR	<b>29</b> Breakfast Tornado	<b>30</b> Egg & Cheese Strata Wheat Toast	<b>3</b> Waffle Sticks Breakfast Sausage	<b>September 1</b> No School
<b>4</b> Labor Day	<b>5</b> Oatmeal	<b>6</b> Ham, Egg & Potato Breakfast Burrito	<b>7</b> French Toast Berry Compote	<b>8</b> Blueberry Orange Muffin 
<b>Our muffins are freshly baked!</b>	Cafeteria breakfasts include alternate entrée options of cold cereal and/or yogurt parfaits. Additional side items offered: <b>milk, yogurt, cottage cheese, hard-boiled egg, choice of fruit or juice</b> <i>Fresh fruit is always offered.</i>			<b>Prices</b> K-5 - \$1.30 Adult - \$1.80 Milk - \$0.30 All meals include MILK

The best way for children to learn to like good foods is to be exposed to them frequently and to *try* them. (Don't *force* them to eat it all!) We want to reinforce your efforts at home as you teach your children good habits. ***YOU have the greatest influence on their behaviors.*** Example is a great teacher!

Continue to expose your children to new healthy foods at home and speak positively about our awesome food at school. You will help them develop a taste for good food that will benefit them throughout their lives.

Healthy eating tip: **At every meal try making half your plate fruits and vegetables.**  
Go to <http://www.choosemyplate.gov> for more information and ideas.



All our menu items are lower-fat, whole grain versions of favorite foods. Children are welcome to extra servings of a variety of fruits and vegetables. In addition to healthy meals, we are committed to promoting overall health and fitness. We have in-class fitness breaks to promote learning and health, and we participate in the Utah Gold Medal Schools Program as a Platinum School. We are the only charter school in Utah that has met the Silver "Healthier US School Challenge".

**Remember – well-nourished, well-rested, well-hydrated, active children learn better and get better grades!**



For questions about nutrition, wellness, the menu, special diets, allergies, the Healthy Hungry-Free Kids Act, etc., contact April Dean, PhD, RDN, CD, SNS, Child Nutrition Director (801) 437-3137.

