



August 2017

Freedom Preparatory Academy Provo

1-5 Lunch Menu



Welcome Back!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>You can pay for lunches online!</p> <p>Tossed side salads offered daily!*</p>	<p>August 15 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit</p>	<p>16 Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit Fortune Cookie</p>	<p>17 Macaroni & Cheese <small>(Baked from scratch with real cheese!)</small> Breadstick Peas & Carrots Pineapple Fresh Fruit</p>	<p>18 Hamburger on a Bun Lettuce, Tomato, Onions & Cucumbers Ranch Beans Farm Fresh Corn on the Cob Applesauce Fresh Fruit</p>
<p>21 Pizza Marinara Cheesy Garlic Roll Spinach Salad Pears Fresh Fruit</p>	<p>22 Nachos with <i>Baked Tostitos</i> Bean Dip Fresh Pico de Gallo Spanish Rice Carrots & Celery Peaches Fresh Fruit</p>	<p>23 Meatball Sandwich Broccoli Salad <i>Sun Chips</i> Applesauce Fresh Fruit</p>	<p>24 Hawaiian Haystacks <small>(Steamed brown rice, Chicken in Gravy)</small> Topping Choices: Pineapple, Chopped Celery, Chow Mein Noodles, Coconut, Cheese, Peppers, Green Onions) Peas Mandarin Oranges Fresh Fruit</p>	<p>25 Baked English Fish & Chips (fries) Coleslaw Pineapple Fresh Fruit Cookie</p>
<p>28 Pizza Marinara Cheesy Garlic Roll Celery Cucumber Salad Mandarin Oranges Fresh Fruit</p>	<p>29 Enchiladas Refried Beans Fresh Pico de Gallo Corn Pears Fresh Fruit</p>	<p>30 Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie</p>	<p>31 Italian Sub Sandwich Lettuce, Tomato 3-Bean Salad Peaches Applesauce Fresh Fruit</p>	<p style="text-align: center;">September 1</p> <p style="text-align: center;">No School</p>
<p style="text-align: center;">4</p> <p style="text-align: center;">Labor Day</p>	<p style="text-align: center;">5</p> <p>Bean & Cheese Tostadas Shredded Lettuce Pico de Gallo Mandarin Oranges Fresh Fruit</p>	<p style="text-align: center;">6</p> <p>Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions, & Diced Ham Steamed Broccoli Dinner Roll Applesauce Fresh Fruit</p>	<p style="text-align: center;">7</p> <p>Turkey, Mashed Potatoes & Gravy WG Dinner Roll Peas & Carrots Peaches Fresh Fruit</p>	<p style="text-align: center;">8</p> <p>BBQ Riblet Sandwich Coleslaw Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob</p>
<p>We NEVER 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 style="text-align: center;">Fresh Fruits offered:</p> <p>Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries Pears, Peaches, Nectarines, Kiwi, Plums</p> <p style="text-align: center;">We offer second helpings of vegetables & fruit!</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;">Prices</p> <p>K-5 - \$2.50 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals.</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, 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 Char Soper (801) 437-3169.



August 2017 Freedom Preparatory Academy Provo 1-5 Breakfast Menu



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

