



November 2017 Freedom Preparatory Academy Provo 1-5 Lunch Menu




Monday	Tuesday	Wednesday	Thursday	Friday
		1 Nachos with Baked Tostitos Bean Dip Fresh Pico de Gallo Vegetable Medley Peaches Fresh Fruit	2 Monster Fries Topping Choices: Chili, Cheese, Green Onions, Diced Ham, Broccoli Dinner Roll Applesauce Fresh Fruit	3 BBQ Turkey Sandwich Spinach Salad Sun Chips Pears Fresh Fruit
6 Pizza Marinara Cheesy Garlic Roll Broccoli Salad Applesauce Fresh Fruit	7 Chicken/Cheese Quesadilla Pico de Gallo Mexican Beans Corn Pineapple Fresh Fruit	8 Homemade Chili Cornbread w/Honeybutter Lettuce, Cranberry & Mandarin Orange Salad Mixed Fruit Fresh Fruit	9 Chicken Cobb Salad Pita Triangles Mandarin Oranges Fresh Fruit	10 NO SCHOOL
13 Pizza Marinara Cheesy Breadstick Vegetable Medley Pears Fresh Fruit	14 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit 	15 Italian Sub Sandwich Cucumber and Celery Salad Peaches Fresh Fruit	16 Thanksgiving Meal  Turkey, Mashed Potatoes & Gravy Dinner Roll Tossed Salad Sweet Potatoes Mandarin Oranges Fresh Fruit Pumpkin Dessert	17 Fish Friday! Fish & Chips (tater tots) Coleslaw Applesauce Fresh Fruit Bug Bites Grahams
20 Pizza Marinara Cheesy Garlic Roll Carrots & Celery Pineapple Fresh Fruit	21 Chicken Enchilada Soup Baked Tostitos Bean Dip Spanish Rice Peaches Fresh Fruit	22 Thanksgiving Break 	23 Thanksgiving Break 	24 Thanksgiving Break  
27 Pizza Marinara Parmesan Garlic Roll Peas & Carrots Applesauce Fresh Fruit	28 Chicken Noodle Soup Dinner Roll Farmer's Salad Mandarin Oranges Fresh Fruit	29 Half Day Sack Lunch Chicken Caesar Wraps Carrots w/Ranch <i>SunChips</i> Fresh Fruit	30  GOLD MEDAL MILE Walk to Brazil Celebration! Brazilian Feijoada * Roasted Vegetables Pineapple Fresh Fruit Queijadinha (Brazilian Dessert)  	Dec 1 Hamburger on a Bun Lettuce, Tomato, Onions & Cucumbers Ranch Beans Confetti Fries Peaches Fresh Fruit
<p>Virtually all our grains are whole-grain-rich (at least 50% whole grain).</p> <p>Tossed side salads are offered daily except on half days and entrée salad days.</p>	 <p style="text-align: center;">Fresh Fruits offered: Grapes, Apples, Bananas, Cantaloupe, Honeydew, Pineapple, Oranges, Tangerines, Pears, & Kiwi</p> <p style="text-align: center;">We offer second helpings of vegetables & fruit!</p>		<p style="text-align: center;">THE INCREDIBLE HULK</p> <p>* Feijoada is Brazil's national dish. Saturday is known as the day of feijoada. It is a traditional beef, pork and black bean dish served over rice.</p>	<p>Prices</p> <p>1-5 - \$2.50 Adult - \$3.80 Milk - \$0.30 </p> <p>Milk is included in the price of meals.</p> <p>This institution is an equal opportunity provider.</p>



November 2017 Freedom Preparatory Academy Provo 1-5 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
		1 French Toast Berry Compote	2 Tornados	3 Raisin Bran Muffin
6 Bagel w/Cream Cheese or Peanut Butter & Jelly	7 Build your own Parfait Wheat Toast	8 Ham & Egg English Muffin	9 Oatmeal Bar Choose your toppings!	10 NO SCHOOL
13 UBR	14 Cinnamon Roll	15 Scrambled Eggs w/ Ham Wheat Toast	16 Choice of Cold Cereal	17 Cranberry Orange Muffin
20 Pancake on a Stick	21 Ham, Egg & Potato Breakfast Burrito	22 Thanksgiving Break	23 	24 Thanksgiving Break
27 Breakfast "Dunkers"	28 Quiche Wheat Toast	29 Apple Cinnamon Oatmeal	30 Pancakes & Sausage	Dec 1 Banana Muffin
Our muffins are freshly baked!	Cafeteria breakfasts include alternate entrée options of cold cereal 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 1-5 - \$1.35 Adult - \$1.80 Milk - \$0.30 All meals include MILK

HAVE A HEALTHY AND HAPPY LIFE

School is going by fast and our students are working harder than ever. Though they are busy, it is crucial for them to spend time and energy developing a healthy lifestyle. Here are ways for students to have healthy lives now and for years to come.

BE ACTIVE: Regular exercise is a solid way to ensure healthy growth and development and to reduce risk of obesity and Type II Diabetes. Our students should be getting 60 minutes of any form of physical fitness every day.

DRINK WATER: Water is essential to keeping hydrated to help maintain important bodily functions. Unlike fruit juice and other sugar drinks, it has no calories and no sugar, which makes it the best drink of choice!



GET PLENTY OF SLEEP: Children ages 6 to 13 years of age should be getting between 9 and 11 hours of sleep every night. From being involved with school, sports and other extracurricular activities, students require a lot of sleep to have enough fortitude to do their best all day.

EAT ENOUGH FRUITS AND VEGETABLES: Fruits and vegetables make convenient snacks and are important components to any meal. They contain important nutrients needed to reduce risk of illness and chronic diseases. Students should be getting about 1½ cups of fruit and 2 – 2½ cups of vegetables daily.



MAKE AND ACCOMPLISH GOALS: Regular goal setting is important for everyone to find success and to feel accomplished. Big or small, with the help of parents and teachers, students should try to set and accomplish goals every day. This way they will not only do their best in school, but will also succeed at daily activities and experiences outside of school.

