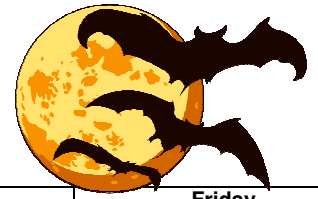




# October 2017

## Freedom Preparatory Academy Elementary

### Provo Lunch Menu



| Monday  | Tuesday  | Wednesday   | Thursday  | Friday  |
|---|--|---|---|---|
| <b>2</b><br>Pizza<br>Marinara<br>Parmesan Garlic Roll<br>Spinach Salad<br>Mixed fruit<br>Fresh fruit                                | <b>3</b><br><b>Half Day</b><br>Italian Sub Sandwich<br>Hummus Dip & Vegetables<br>Bug Bites Grahams<br>Fresh Fruit                           | <b>4</b><br><b>Half Day</b><br>Hamburger on a Bun<br>Coleslaw<br>Confetti Fries<br>Fresh Fruit  | <b>5</b><br><b>Half Day</b><br>Turkey, Ham & Cheese Deli<br>Wrap<br>Lettuce, Tomato<br>Baked Beans<br>Baby Carrots/Ranch<br>Fresh Fruit   | <b>6</b><br><b>Half Day</b><br>PB&J Uncrustable<br>Vegetable Medley/Ranch<br><i>Sun Chips</i><br>Fresh Fruit            |
| <b>9</b><br><b>Coloring Contest</b><br>Pizza<br>Marinara<br>Cheesy Garlic Roll<br>Celery & Cucumber Salad<br>Peaches<br>Fresh Fruit | <b>10</b><br><b>Music &amp; Lights!</b><br>Bean Tostada<br>Pico de Gallo<br>LF Sour Cream<br>Tossed Salad<br>Mandarin Oranges<br>Fresh Fruit | <b>11</b><br><b>Apple Crunch Day!</b><br>(Try different varieties)<br><br>Turkey & Gravy<br>Mashed Potatoes<br>Steamed Broccoli<br>Peaches<br>Fresh Fruit | <b>12</b><br><b>Music &amp; Lights!</b><br>Hawaiian Haystacks<br>Rice, Chicken in Gravy<br>Toppings: Pineapple, Chow Mein<br>Noodles, Chopped Celery,<br>Coconut, Cheese, Peppers,<br>Onions.<br>Carrot Salad<br>Pineapple<br>Fresh Fruit | <b>13</b><br><b>New Entrée!</b><br>"Steak & Stuff"- style<br>sandwich<br>Vegetable Medley/Ranch<br>Pears<br>Fresh Fruit |

**National School Lunch Week!** Parents are encouraged to join us for lunch. Adult price \$3.80.

|  |  |   |   |  |
|--|--|---|---|--|
| <b>16</b><br>Pizza<br>marinara<br>Parmesan Garlic Roll<br>Broccoli Salad<br>Applesauce<br>Fresh Fruit<br><br><b>Police &amp; Pizza!</b>            | <b>17</b><br><b>Taco Tuesday!</b><br>Crunchy Tacos<br>Fresh Pico de Gallo<br>Corn<br>Mandarin Oranges<br>Fresh Fruit                             | <b>18</b><br>White Chili<br>(chicken & white beans)<br>Tossed Salad<br>WG Dinner Roll<br>Peaches<br>Fresh Fruit | <b>20</b><br><b>Fall Break</b><br><br>  | <b>21</b><br><b>Fall Break</b><br><br>   |
|  |  |   |   |  |
| <b>23</b><br>Pizza<br>w/marinara dip<br>Cheesy Garlic Roll<br>Peas & Carrots<br>Mixed Fruit<br>Fresh Fruit   | <b>24</b><br>Grilled Chicken Caesar<br>Salad<br>Breadstick<br>Mandarin Oranges<br>Fresh Fruit<br>Cookie<br><br>                                  | <b>25</b><br>Shepherd's Pie<br>3-bean Salad<br>Dinner Roll<br>Applesauce<br>Fresh Fruit                         | <b>26</b><br><b>Gold Medal Mile</b><br><b>Walk to New York Celebration!</b><br>New York Style Hot Dog<br>with a variety of toppings<br>Cole Slaw<br>Soft Pretzel<br>Peaches<br>Fresh Fruit<br><br>  | <b>27</b><br><b>Halloween Celebrations!</b><br><br>Witch's Brew<br>(Delicious Pumpkin Soup)<br><br><br>Toasted Cheese Sandwich<br>Tossed Salad<br>Pears<br>Fresh Fruit |
| <b>30</b><br>Pizza<br>Marinara<br>Parmesan Garlic Roll<br>Italian Vegetables<br>Mixed Fruit<br>Fresh Fruit   | <b>31</b><br><b>Halloween</b><br>"Toxic Waste" Baked Mac<br>& Cheese*<br>Breadstick<br>Carrot Fingers<br>Mandarin Oranges<br>Fresh Fruit<br><br> |   | Fresh Fruits offered this month:<br>Grapes, Apples, Oranges, Bananas, Cantaloupe,<br>Honeydew, Watermelon, Pineapple, Pears, Kiwi<br><br><b>We offer second helpings of vegetables &amp; fruit!</b><br><br>Tossed side salads are offered daily except on half-days and<br>entrée-salad days. |  |
| <b>Prices</b><br>K-5 - \$2.50<br>6-10 - \$2.65<br><b>Adult - \$3.80</b><br>Milk - \$0.30<br><b>Milk is included in the price of meals.</b><br><br> |  |   |   |  |


\*Toxic Waste" is colored green with spinach.  
It's going to be great!





## October 2017 Freedom Preparatory Academy Provo Elementary Breakfast Menu



| Monday   | Tuesday   | Wednesday  | Thursday  | Friday   |
|--|---|--|---|--|
| 2<br>UBR   | 3<br>Blueberry Baked<br>Oatmeal   | 4<br>Scrambled Eggs w/ Ham<br>Wheat Toast  | 5<br>Build your own Yogurt<br>Parfait<br>Wheat Toast  | 6<br>Cranberry Orange Muffin   |
| 9<br>Breakfast Pizza                                   | 10<br>Oatmeal   | 11<br>Ham, Egg & Cheese Muffin   | 12<br>Waffles<br>Syrup<br>Sausage   | 13<br>Banana Muffin  |
| 16<br>Bagel w/Cream Cheese<br>or Peanut Butter & Jelly | 17<br>Apple-Cinnamon Baked<br>Oatmeal   | 18<br>French Toast<br>Sausage  | 19<br><i>Fall Break</i><br> | 20<br>Fall Break<br>            |
| 23<br>UBR  | 24<br>Oatmeal Bar<br>(add your own toppings<br>fruit, nuts, brown sugar,<br>cinnamon)   | 25<br>Ham, Egg & Potato Breakfast<br>Burrito   | 26<br>WG Pancakes<br>Sausage<br>Fruit Compote   | 27<br>Pumpkin Muffin<br>        |
| 30<br>WG Breakfast on a Stick                          | 31<br><b>Halloween!</b><br>Cinnamon Roll<br> | All cafeteria breakfasts include an <b>alternate entrée option of cold cereal.</b><br>Additional side items offered daily:<br><b>milk, yogurt, cottage cheese, choice of fruit or juice</b><br><i>Fresh fruit is always offered.</i> |   | <u>Prices</u><br>K-5 - \$1.30<br>6-12 - \$1.45<br>Adult - \$1.80<br>Milk - \$0.30<br><b>All meals include MILK</b> |

### An Apple a Day!

The saying is true, "an apple a day keeps the doctor away". Fruit, which include apples, are important to eat every day! They contain vitamins and minerals that keep our bodies healthy.

Freedom Preparatory Academy is joining schools across Utah to celebrate **APPLE CRUNCH DAY** during National School Lunch Week. We are recognizing the National School Lunch Program and showing support to Utah farmers as part of our Farm to School program. During lunch that day, we are teaching students the importance eating fruit and giving them a chance to taste a variety of locally-grown apples.

Here are some reasons we love apples and other fruits and why we should include them in our daily diet:

1. **Packed with Antioxidants.** Antioxidants play an essential role in reducing risks of prevalent chronic diseases and other illness.
2. **Healthier Bodies.** People who eat fruit are likely to have lower blood pressure and have a lower risk of developing chronic diseases such as Type 2 diabetes, obesity, and heart disease.
3. **Low in Fat, Sodium, Calories and Contains No Cholesterol,** which makes them a great snack!
4. **Fiber Power.** Apples and other fruit are among the tastiest and best sources of soluble fiber. Fiber keeps our gut healthy, our stomachs full and helps reduce blood cholesterol levels.
5. **Full of Important Vitamins and Minerals.** Fruits contain Vitamin C, Potassium, and folate, which help maintain healthy blood, heal wounds, prevent illness, and keep our teeth healthy.

