







# OCTOBER 2017



# DAILY SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> Pizza Marinara Parmesan Garlic Roll Peas and Carrots Mixed Fruit Fresh Fruit	<b>4</b> Italian Sub Sandwich Hummus Dip & Vegetables Bug Bites Grahams Peaches Fresh Fruit	<b>5</b> <b>Half Day</b> Hamburger on a Bun Lettuce, Tomato Coleslaw Confetti Fries Fresh Fruit	<b>6</b> <b>Half Day</b> PB&J Un crustable Chips Carrots and Celery Fresh Fruit	<b>7</b> Malibu Chicken Sandwich Lettuce, Tomato Baked Beans Baby Carrots/Ranch Fresh Fruit
<b>10</b> <b>Music!</b> Pizza Marinara Parmesan Garlic Roll Celery & Cucumber Peaches Fresh Fruit	<b>10</b> <b>Music!</b> <b>Apple Crunch Day!</b> (Try different varieties)  Bean Tostada Pico de Gallo LF Sour Cream Tossed Salad Mandarin Oranges Fresh Fruit	<b>11</b> <b>Music!</b>  Turkey & Gravy Mashed Potatoes Steamed Broccoli Peaches Fresh Fruit	<b>12</b> <b>Music!</b> Hawaiian Haystacks Rice, Chicken in Gravy Toppings: Pineapple, Chow Mein Noodles, Chopped Celery, Coconut, Cheese, Peppers, Onions. Carrot Salad Pineapple Fresh Fruit	<b>13</b> <b>Music!</b> <b>New Entrée!</b> "Steak & Stuff"- style sandwich Vegetable Medley/Ranch Pears Fresh Fruit

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

<b>16</b> Pizza Marinara Parmesan Garlic Roll Broccoli Salad Applesauce Fresh Fruit	<b>17</b> <b>Taco Tuesday!</b> Crunchy Tacos Fresh Pico de Gallo Corn Mandarin Oranges Fresh Fruit	<b>18</b> White Chili (chicken & white beans) Tossed Salad WG Dinner Roll Peaches Fresh Fruit	<b>19</b> Fall Break  	<b>20</b> Fall Break  
<b>23</b> Pizza w/marinara dip Parmesan Garlic Roll Spinach Salad Mixed Fruit Fresh Fruit	<b>24</b> Grilled Chicken Caesar Salad Breadstick Mandarin Oranges Fresh Fruit Cookie	<b>25</b> Shepherd's Pie 3-bean Salad Dinner Roll Applesauce Fresh Fruit	<b>26</b> New York Style Hot Dog with a variety of toppings NY Deli-Style Salad Soft Pretzel Peaches Fresh Fruit  	<b>27</b> Witch's Brew (Delicious Pumpkin Soup) Toasted Cheese Sandwich Tossed Salad Pears Fresh Fruit  
<b>30</b> Pizza Marinara Parmesan Garlic Roll Italian Vegetables Mixed Fruit Fresh Fruit	<b>31</b> <b>Halloween</b> "Toxic Waste" Baked Mac & Cheese* Breadstick Carrot Fingers Mandarin Oranges Fresh Fruit  	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Pears, Kiwi  <b>We offer second helpings of vegetables &amp; fruit!</b>  Tossed side salads are offered daily except on half-days and entrée-salad days.		<b>Prices</b> K-5 - \$2.50 6-10 - \$2.65 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals.  

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



# The Smoothie Station



- Fruit Smoothie
- Yogurt, Fruit & Granola Parfait

**MORE LUNCH OPTIONS AT THE**



**Large Salad/Salad Bar  
Deli SubSandwich**




Personalize your meal using



- Hamburger on a bun
  - Crispy Chicken Breast Sandwich
  - Pepperoni Pizza Ripper
  - Wild Mike's Cheese Bites
  - Chicken Tenders
  - PB&J Uncrustable
- ...Or the "Daily Eats" of the Day



## DAILY BREAKFAST SPECIALS

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

