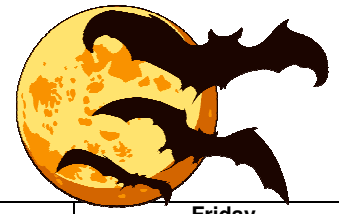




October 2017

Freedom Preparatory Academy Vineyard Elementary Lunch Menu




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

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







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





October 2017 Freedom Preparatory Academy Vineyard Elementary Breakfast Menu

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

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.

