











January 2018



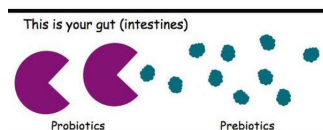

Freedom Preparatory Academy Provo 1-5 Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1 	2 Meatball Sandwich Ranch Beans Baby Carrots/Ranch Applesauce Fresh Fruit	 3 Crunchy Tacos Fresh Pico de Gallo Corn Mexican Beans Mandarin Oranges Fresh Fruit	4 Tomato Florentine Soup Toasted Cheese Sandwich Vegetable Medley Pears Fresh Fruit 	5 Baked Macaroni & Real Cheese Garlic Bread Spinach Salad Peaches Fresh Fruit
8 Pizza w/marinara dip Cheesy Garlic Roll Steamed Carrots Applesauce Fresh Fruit	9 Orange Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie	10 Taco Salad Pico de Gallo Mexican Black Beans Spanish Rice Corn Peaches Fresh Fruit	11 Hamburger Gravy Mashed potatoes Green Beans WG Dinner Roll Peaches Fresh Fruit	12 Chicken Tenders Broccoli Salad Ranch Beans Tater Tots Peaches Fresh Fruit
15 Martin Luther King Day 	16 Italian Spaghetti with Meat Sauce Breadstick Italian Vegetables Pineapple Fresh Fruit	17 Café Rio® – style Sweet Pork Salad Cilantro-lime rice Black Beans Fresh Pico de Gallo Mandarin Oranges Fresh Fruit	18 Deli Sub Sandwich Lettuce, Tomato Celery & Cucumber Salad Mandarin Oranges Fresh Fruit Baked Chips	19 WG Corn Dog Confetti Fries Baked Beans Vegetable Medley Scooby Doo Grahams Applesauce Fresh Fruit
22 Pizza w/marinara dip Cheesy Garlic Roll Spinach Salad Pineapple Fresh Fruit	23 Chicken Enchilada Soup Baked Tostitos Bean Dip Spanish Rice Peaches Fresh Fruit	24 Walk to Germany Gold Medal Mile Celebration!! Captain America Schweinbraten (German Pork Roast) Seasoned Red Cabbage Potatoes Soft Pretzel Applesauce Fresh Fruit German-style Apple Crisp 	25 Hawaiian Haystacks (Steamed brown rice, Chicken in Gravy Topping choices: Pineapple, Chow Mein Noodles, Chopped Celery, Coconut, Cheese, Peppers, Peas, Green Onions) Steamed Broccoli Mandarin Oranges Fresh Fruit	26 Chicken Salad Sliders Glazed Carrots Tater Tots Peaches Fresh Fruit
29 Pizza w/marinara dip Cheesy Garlic Roll Carrots Peaches Fresh Fruit	30 Nachos with Baked Tostitos Fresh Pico de Gallo Bean Dip Spanish Rice Corn Pears Fresh Fruit	31 Homemade Chili Dinner Roll Green Beans Mixed Fruit Fresh Fruit	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Cantaloupe, Honeydew, Pineapple, Pears, Kiwi We offer second helpings of vegetables & fruit!	Prices Grades 1-5 - \$2.50 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals. 

Tossed Salads are offered daily except on entrée salad days.

What Are Prebiotics and What Do They Do?

Prebiotics help "good" bacteria grow. They may improve gastrointestinal health. You can include more prebiotics in your diet by eating bananas, berries, onions, garlic, leeks, asparagus, artichokes, tomatoes, root vegetables, whole-grain foods and legumes (such as lentils, kidney beans, white beans, black beans, and soybeans). Prebiotics in these foods include fructooligosaccharides, such as inulin and galactooligosaccharides.





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Freedom Preparatory Academy 1-5 Breakfast Menu

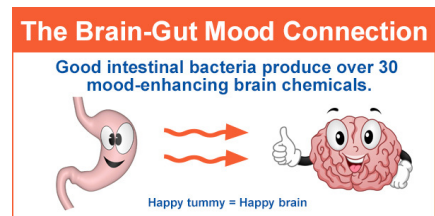


Monday	Tuesday	Wednesday	Thursday	Friday
	2 Pancake on a Stick	3 Scrambled Eggs & Ham Wheat Toast	4 WG Pancakes/Syrup Sausage	5 Raisin Bran Muffin
8 UBR (Ultimate Breakfast Round)	9 Ham & Egg English Muffin Sandwich	10 Bagel w/Cream Cheese or Peanut Butter & Jelly	11 Hearty Oatmeal with Choice of Toppings	12 Pumpkin Muffin
15  Martin Luther King Jr.	16 Tornados	17  Apple-cinnamon Baked Oatmeal	18 French Toast Fruit Compote Sausage	19 Carrot Muffin
22 Carrot Cake Overnight Oats	23 Build your own Yogurt Parfait Bar Wheat Toast 	24 Egg & Cheese Strata Wheat Toast	25 WG Pancakes Fruit Compote Sausage	26 Banana Muffin
29 Breakfast Pizza	30 Ham, Egg & Potato Breakfast Burrito	31 Dutch Waffles & Berries		
This institution is an equal opportunity provider and employer.	All cafeteria breakfasts include an alternate entrée option of cold cereal. Additional side items offered daily: milk, yogurt, cottage cheese, hard boiled egg (if eggs are not part of the entrée,) 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

What Are Probiotics and What Do They Do?

Probiotics are the "good" bacteria — or live cultures — just like those naturally found in your gut. They help change or repopulate intestinal bacteria to balance gut flora.

Probiotics may boost immunity and overall health. Some strains of these live cultures may help prevent specific allergy symptoms, reduce symptoms of lactose intolerance, improve digestion, decrease symptoms of depression and more. They may even help you maintain a healthy weight. However, effects can vary from person to person.



Probiotics are found in *fermented foods which contain live cultures* (check the label) including yogurt, kefir, aged cheeses (such as cheddar, Swiss & gouda), kimchi, some types of sauerkraut and pickles (usually in the refrigerated section), miso, tempeh and cultured non-dairy yogurts.

Adapted from EatRight.org

