










# January 2018



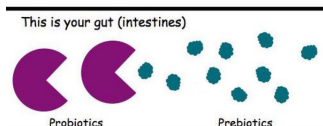
## Freedom Preparatory Academy Vineyard 1-5 Lunch Menu

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

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

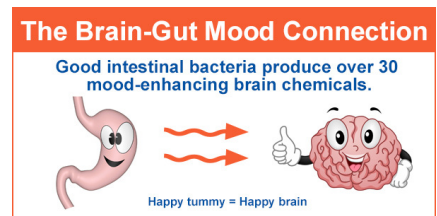


Monday	Tuesday	Wednesday	Thursday	Friday
	<b>2</b> Pancake on a Stick	<b>3</b> Scrambled Eggs & Ham Wheat Toast	<b>4</b> WG Pancakes/Syrup Sausage	<b>5</b> Raisin Bran Muffin
<b>8</b> UBR (Ultimate Breakfast Round)	<b>9</b> Ham & Egg English Muffin Sandwich	<b>10</b> Bagel w/Cream Cheese or Peanut Butter & Jelly	<b>11</b> Hearty Oatmeal with Choice of Toppings	<b>12</b> Pumpkin Muffin
<b>15</b>  Martin Luther King Jr.	<b>16</b> Tornados	<b>17</b>  Apple-cinnamon Baked Oatmeal	<b>18</b> French Toast Fruit Compote Sausage	<b>19</b> Carrot Muffin
<b>22</b> Carrot Cake Overnight Oats	<b>23</b> Build your own Yogurt Parfait Bar Wheat Toast 	<b>24</b> Egg & Cheese Strata Wheat Toast	<b>25</b> WG Pancakes Fruit Compote Sausage	<b>26</b> Banana Muffin
<b>29</b> Breakfast Pizza	<b>30</b> Ham, Egg & Potato Breakfast Burrito	<b>31</b> Dutch Waffles & Berries		This Institution is an equal opportunity provider.
This institution is an equal opportunity provider and employer.	All cafeteria breakfasts include an <b>alternate entrée option of cold cereal.</b> Additional side items offered daily: <b>milk, yogurt, cottage cheese, hard boiled egg</b> (if eggs are not part of the entrée,) <b>choice of fruit or juice,</b> <i>Fresh fruit is always offered.</i>			<b>Prices</b> <b>1-5 - \$1.35</b> <b>Adult - \$1.80</b> <b>Milk - \$0.30</b> <b>All meals include MILK</b>

### What Are Probiotics and What Do They Do?

**Pro**biotics 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.

