

JANUARY 2019

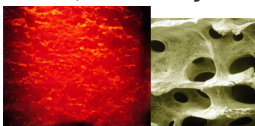


DAILY SPECIALS

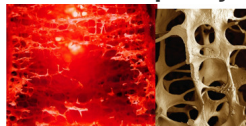
Monday	Tuesday	Wednesday	Thursday	Friday
7 Pizza Marinara Breadstick Peas & Carrots Pineapple Fresh Fruit	8 Tomato Florentine Soup Toasted Cheese Sandwich Vegetable Medley Pears Fresh Fruit 	9 Cheese Stuffed Breadstick Dipper Marinara Italian Vegetables Mandarin Oranges Fresh Fruit	10 Crispy Chicken Sandwich Lettuce & Tomato Tater Tots Baked Beans Coleslaw Applesauce Fresh Fruit	11 Macaroni & Real Cheese Garlic Bread Spinach Salad Peaches Fresh Fruit
14 Pizza w/marinara dip Cheesy Garlic Roll Steamed Carrots Pears Fresh Fruit	15 Taco Salad Pico de Gallo Mexican Black Beans Spanish Rice Corn Pineapple Fresh Fruit	16 Lasagna Breadstick Peas & Carrots Peaches Fresh Fruit	17 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	18 Pulled Pork Sandwich Ranch Beans Citrus Dijon Slaw Applesauce Fresh Fruit
21 Martin Luther King Day 	22 <i>J-Dawg's</i> -style hot dog Confetti Fries Baked Beans Vegetable Medley Applesauce Fresh Fruit	23 Café Rio® – style Sweet Pork Salad Cilantro-lime rice Black Beans Fresh Pico de Gallo Mandarin Oranges Fresh Fruit	24 Enchilada Casserole Baby Carrots/ranch Pineapple Fresh Fruit  	25 Homemade Chili Cornbread w/honey butter Green Beans Peaches Fresh Fruit
28 Pizza w/marinara dip Cheesy Garlic Roll Spinach Salad Pineapple Fresh Fruit	29 Nachos with Baked Tostitos Fresh Pico de Gallo Bean Dip Spanish Rice Corn Pears Fresh Fruit	30 Chicken Fettuccine Alfredo Steamed Broccoli Garlic Breadstick Mandarin Oranges Fresh Fruit Fresh Fruit Churro	31 International Lunch   SPAIN Picadillo (beef & veg hash) Arroz (rice) Caldo Gallego (Vegetable Soup) Peaches 	February 1 Deli Sub Sandwich Lettuce, Tomato Celery & Cucumber Salad Baked Chips Applesauce Fresh Fruit
February 4 Pizza w/marinara dip Cheesy Garlic Roll Celery/ranch Pineapple Fresh Fruit	5 Chicken Enchilada Soup Baked Tostitos Bean Dip Spanish Rice Pears Fresh Fruit	6 Hamburger Gravy Mashed potatoes Steamed Carrots WG Dinner Roll Peaches Fresh Fruit	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Cantaloupe, Pears, Kiwi, Plums. Salads are always available! We offer second helpings of vegetables & fruit!	Prices 6-12 - \$2.65 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals. 

MAKE BONES ABOUT IT!

Not getting enough calcium, vitamin D, magnesium, vitamin K, and weight-bearing exercise during childhood and adolescence can lead to osteoporosis later in life, a disease in which bones become weak and easily fracture or break, seriously affecting health and quality of life.



Normal Bone



Osteoporosis

90% of bone building happens before 20 years of age! Once you reach the age of 25-30 years, you CANNOT build stronger bones. You just work to keep the bone you have for the rest of your life.

**MORE LUNCH OPTIONS
AT THE**



Large Salad/Salad Bar
Deli Sandwich

The Smoothie Station



- Fruit Smoothie
- Yogurt, Fruit & Granola Parfait

Personalize your meal using



- Hamburger on a bun
- Crispy Chicken Breast Sandwich
- Pepperoni Pizza Ripper
- PB&J- Uncrustable
- ...Or the Daily Eats of the Day




**Freedom Preparatory Academy Secondary School
DAILY BREAKFAST SPECIALS**





Monday	Tuesday	Wednesday	Thursday	Friday
7 Banana or Zucchini Bread	8 French Toast w/ Fruit Compote	9 Breakfast Quiche	10 Breakfast Pizza	11 Carrot Muffin
14 Fruit Pocket	15 Breakfast Sandwich (egg, sausage & cheese on an English muffin)	16 Bagel w/Cream Cheese or Peanut Butter & Jelly	17 Hearty Oatmeal with Choice of Toppings	18 Blueberry Muffin
21  Martin Luther King Jr.	22 Chicken & Waffles	23 Apple-cinnamon Baked Oatmeal 	24 Scrambled Eggs & Ham Wheat Toast	25 Pumpkin Muffin
28 Build your own Yogurt Parfait Bar Wheat Toast 	29 Huevos Rancheros on a WG Corn Tortilla	30 WG Poptarts Hard Boiled Egg	31 WG Pancakes Fruit Compote Sausage	February 1 Banana Muffin
February 4 Breakfast Pizza	5 Ham, Egg & Potato Breakfast Burrito	6 Dutch Waffles & Berries	Prices 6-12 - \$1.45 Adult - \$1.80 Milk - \$0.30 All meals include MILK	This institution is an equal opportunity provider. 

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, and yogurt parfaits or smoothies. Hard boiled eggs are offered if eggs are not part of the entrée of the day. *Fresh* fruit is always offered.

 **Calcium** - Children and teens need at least three servings (1 serving=about 300 mg of calcium) of calcium-rich foods every day. Don't let soda pop replace milk! You can get calcium from milk, cheese, fortified soymilk, sardines with bones, yogurt, tofu (prepared with calcium sulfate), calcium-fortified juice, cooked collard greens, bok choy, or kale.

Vitamin D - Vitamin D helps bones absorb calcium. There are three ways to get it: sunlight, food (such as fortified milk) and supplements. During winter months in Utah, we don't get enough sun exposure to make enough vitamin D to meet our needs. 

Magnesium - Most people don't get enough. Good sources of this mineral include cashews, almonds, spinach, Swiss chard, black beans, edamame, peanut butter, avocado, whole-wheat bread and kidney beans. 

 **Vitamin K** - Get your green leafy vegetables (kale, turnip greens, cabbage, spinach and broccoli), peas and green beans.

Physical Activity - Regular **weight-bearing** exercise stimulates bones and makes them stronger. This includes running, jumping, skipping, hiking, dancing, tennis, gymnastics, basketball, volleyball, skateboarding, soccer and weight training. While swimming and bicycling are great for cardiovascular health, they are not weight-bearing.

Some content adapted from eatright.org

