




FEBRUARY 2019



DAILY SPECIALS



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices 6-12 - \$2.65 Adult - \$3.80 Milk - \$0.30 Milk is included in the price of meals.</p> 	<p>All meals include access to the salad bar.</p>	<p>Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Pineapple, Pears, Kiwi, Mandarin Oranges We offer second helpings of vegetables & fruit!</p>	<p>This Institution is an equal opportunity provider.</p>	<p>1 Deli Sub Sandwich Lettuce, Tomato Celery & Cucumber Salad Baked Chips Applesauce Fresh Fruit</p>
<p>4 Pizza w/marinara dip Cheesy Garlic Roll Celery/ranch Mandarin Oranges Fresh Fruit</p>	<p>5 Chinese New Year Asian Chicken Salad w/Chow Mein Noodles Orange Rice Pilaf Pineapple Fresh Fruit Fortune Cookie</p> 	<p>6 Hamburger Gravy Mashed potatoes Steamed Carrots WG Dinner Roll Peaches Fresh Fruit</p>	<p>7 Spaghetti & Meat Sauce Green Beans Garlic Bread Pears Fresh Fruit</p>	<p>8 Bean and Cheese Burrito Pico de Gallo Vegetable Medley Roasted Red Pepper Hummus Dip Corn Mixed fruit Fresh Fruit</p>
<p>11 Pizza w/ Marinara Sauce Cheesy Garlic Roll Carrots w/ Ranch Pears Fresh Fruit</p>	<p>12 Chicken Enchilada Soup Baked Tostitos Bean Dip Spanish Rice Peaches Fresh Fruit</p>	<p>13 BBQ Riblet Sandwich Ranch Beans Crunchy Apple-Celery Salad Pineapple Fresh Fruit</p>	<p>14 Valentine's Day! Chicken Cordon Bleu Rice Pilaf Broccoli w/ Béchamel Sauce Dinner Roll Mandarin Oranges Fresh Fruit Valentine's Dessert</p> 	<p>15 Meatloaf Peas & Carrots Mashed Potatoes with Brown Gravy Dinner Roll Apricots Fresh Fruit</p>
<p>18</p> 	<p>19 Tacos Mexican Pinto Beans Pico de Gallo Spanish Rice Corn Pears Fresh Fruit</p>	<p>20 Hamburger on a Bun Confetti fries Baby Carrots/Ranch Pineapple Fresh Fruit</p>	<p>21 International Lunch UKRAINE Holubtsi -Cabbage Casserole Pampushky-Garlic Rolls Peaches Fresh Fruit Medovik-Honey Cake</p> 	<p>22 Grilled Chicken Fajitas Seasoned Black Beans Marinated Sliced Cucumbers Mandarin Oranges Fresh Fruit</p>
<p>25 Pizza w/ Marinara Sauce Cheesy Garlic Roll Italian Vegetables Mandarin Oranges Fresh Fruit</p>	<p>26 Chicken and Cheese Quesadilla Black Beans Vegetable Medley Pico de Gallo Fresh Fruit</p>	<p>27 Half Day Chicken Tenders Tater Tots WG Roll Coleslaw Fresh Fruit</p>	<p>28 Half Day PB&J Uncrustable Baby Carrots/Ranch Scooby-Doo Grahams Fresh Fruit</p>	<p>March 1 Corn Dog Confetti Fries Broccoli salad <i>SunChips</i> Fresh Fruit</p>

The Smoothie Station



- Fruit Smoothie
- Yogurt, Fruit & Granola Parfait



Large Salad/Salad Bar
Deli Sandwich

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
Prices 6-12 - \$1.45 Adult - \$1.80 Milk - \$0.30 All meals include MILK	All cafeteria breakfasts include an alternate entrée option of cold cereal.	Additional side items offered: yogurt, cottage cheese, hard boiled egg, choice of fruit or juice		1 Banana Muffin
4 Breakfast Pizza	5 Ham, Egg & Potato Breakfast Burrito	6 Biscuits and Gravy	7 Pancake on a Stick	8 Lemon-Blueberry Muffin
11 Bagel w/ Cream Cheese or Peanut Butter & Jelly	12 Ham & Cheese Quiche Wheat Toast	13 Oatmeal Bar with choice of toppings	14 Dutch Waffles & Berries 	15 Raisin Bran Muffin
18  Presidents' Day	19 Fruit Pocket	20 French Toast Fruit Compote Sausage	21 Breakfast Pita	22 Pumpkin Muffin
25 WG Pancakes Sausage	26 Cinnamon Roll	27 Egg & Cheese Strata Wheat Toast	28 Peachy Baked Oatmeal	March 1 Cranberry-Orange Muffin

Type 2 Diabetes

What is Diabetes?

Diabetes is a disease that affects how the body uses glucose, a sugar that is the body's main source of fuel.

How does it work?

Normally when you eat, glucose from the food gets into your bloodstream.

An organ called the pancreas makes a hormone called insulin. Insulin helps the glucose get into the body's cells.

Your body gets the energy it needs.

With Diabetes, your body does not make enough insulin.

With little or no insulin, the glucose cannot go into the cells.

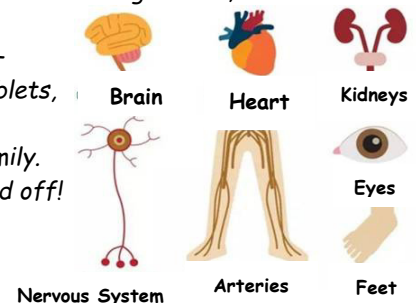
This leads to high amounts of sugar in your blood.

High blood sugar can damage your body.

Some content adapted from kidshealth.org

How to prevent Type 2 diabetes:

- Get more active. Go for walks, play ball, or go to the park. Children need at least 60 minutes of activity a day.
- Cut back on sugar. Limit sugar-sweetened drinks and juice.
- Eat healthy foods. Focus on vegetables, fruits and whole grains.
- Limit screen time - TVs, computers, tablets, and phones.
- Eat dinner as a family.
- Keep the TV turned off!



Diabetes Damages Your Body