



## February 2019 Freedom Academy 1-5 Lunch Menu Vineyard Elementary

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





## February 2019 Freedom Academy 1-5 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Prices</b> 1-5 - \$1.35 Adult - \$1.80 Milk - \$0.30 <b>All meals include MILK</b>	All cafeteria breakfasts include an <b>alternate entrée option of cold cereal.</b>	Additional side items offered: <b>yogurt, cottage cheese, hard boiled egg, choice of fruit or juice</b>		<b>1</b> Banana Muffin
<b>4</b> Breakfast Pizza	<b>5</b> Ham, Egg & Potato Breakfast Burrito	<b>6</b> Biscuits and Gravy	<b>7</b> Pancake on a Stick	<b>8</b> Lemon-Blueberry Muffin
<b>11</b> Bagel w/ Cream Cheese or Peanut Butter & Jelly	<b>12</b> Ham & Cheese Quiche Wheat Toast	<b>13</b> Oatmeal Bar with choice of toppings	<b>14</b> Dutch Waffle & Berries	<b>15</b> Raisin Bran Muffin
<b>18</b>  Presidents' Day	<b>19</b> Fruit Pocket	<b>20</b> French Toast Fruit Compote Sausage	<b>21</b> Breakfast Pita	<b>22</b> Pumpkin Muffin
<b>25</b> WG Pancakes Sausage	<b>26</b> Cinnamon Roll	<b>27</b> Egg & Cheese Strata Wheat Toast	<b>28</b> Peachy Baked Oatmeal	<b>March 1</b> 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.

#### 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.

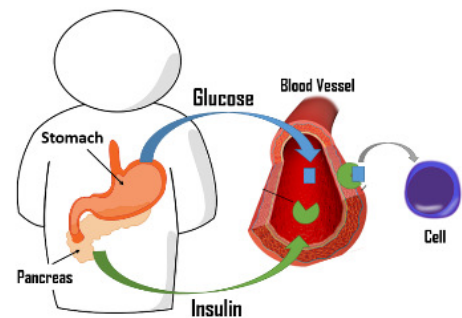
-Eat healthy foods. Focus on vegetables, fruits and whole grains.

-Limit screen time. That includes TVs, computers, tablets, and phones.

-Eat dinner as a family.

-Keep the TV turned off!

Some content adapted from [kidshealth.org](http://kidshealth.org)



#### Diabetes Damages Your Body

