



August 2019 Freedom Preparatory Academy Provo K-5 Lunch Menu

Welcome Back!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Tossed side salads offered daily!*</p>	<p>August 13 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit </p>	<p>14 Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit Fortune Cookie</p>	<p>15 Macaroni & Cheese <small>(Baked from scratch with real cheese!)</small> Breadstick Peas & Carrots Pineapple Fresh Fruit</p>	<p>16 Chicken Tenders Confetti Fries Baby Carrots & Ranch Applesauce Fresh Fruit Salad Cookie</p>
<p>19 Pizza or Uncrustable Marinara Cheesy Garlic Roll Spinach Salad Pears Fresh Fruit</p>	<p>20 Nachos with <i>Baked Tostitos</i> Bean Dip Fresh Pico de Gallo Mexican Rice Carrots & Celery Peaches Fresh Fruit</p>	<p>21 Meatball Sandwich Broccoli Salad <i>Sun Chips</i> Applesauce Fresh Fruit</p>	<p>22 Hawaiian Haystacks (Steamed brown rice, Chicken in Gravy Topping Choices: Chopped Celery, Chow Mein Noodles, Coconut, Cheese, Peppers, Green Onions) Peas Pineapple Fresh Fruit</p>	<p>23 Hamburger on a Bun Lettuce, Tomato, Onions & Cucumbers Ranch Beans Farm Fresh Corn on the Cob Mandarin Oranges Fresh Fruit </p>
<p>26 Pizza or Uncrustable Marinara Cheesy Garlic Roll Celery Cucumber Salad Peaches Fresh Fruit</p>	<p>27 Enchilada Casserole Refried Beans Fresh Pico de Gallo Corn Pears Fresh Fruit</p>	<p>28 Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie</p>	<p>29 Pulled Pork Sandwich Coleslaw Mandarin Oranges Fresh Fruit</p>	<p>30 No School</p>
<p>2 Labor Day</p>	<p>3 Bean & Cheese Tostadas Shredded Lettuce Pico de Gallo Mandarin Oranges Fresh Fruit</p>	<p>4 Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions, & Diced Ham. Steamed Broccoli Dinner Roll Applesauce Fresh Fruit</p>	<p>5 Turkey, Mashed Potatoes & Gravy WG Dinner Roll Peas & Carrots Peaches Fresh Fruit</p>	<p>6 Corn Dog Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob </p>
<p>We NEVER deep-fry anything.</p> <p>Virtually all our grains are whole-grain-rich (at least 50% whole grain).</p>	<p>Due to seasonal availability, we are not able to predict when we will be able to purchase certain types of fruit. Be assured that there will be a good variety of fresh fruit this time of year!</p> <p>Fresh Fruits offered: Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries, Pears, Peaches, Nectarines, Kiwi, Plums</p> <p>We offer second helpings of vegetables & fruit!</p>		<p>This institution is an equal opportunity provider.</p>	<p>Prices</p> <p>K-5 - \$2.60 Adult - \$3.80 Milk - \$0.30</p> <p>Milk is included in the price of meals.</p> <p>You may pay for lunches online!</p>

* A tossed side salad is offered daily except on half days and entrée-salad days.

Please apply online for free or reduced-price meals. You must reapply each year even if you qualified last year. You may be surprised that you qualify – so please try! It helps us qualify for more programs for our school.



For **instructions** on completing your application, go to freedomprep.net, choose “**Campuses**”. Click on “**Common Links**” then on “**Free and Reduced Lunch Application**”. Check out the “frequently asked questions” on the website, or if you have more questions about applications, contact Lisa LaFleur (801) 437-3069.

We LOVE volunteers! To volunteer in the cafeteria, please call Wendy Laws (801) 437-3129.
Follow us on Instagram @ fpanutrition_utah



August 2019 Freedom Preparatory Academy Provo 1-5 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
	13 Pancakes & Syrup Breakfast Sausage	14 Scrambled Eggs w/ Ham Wheat Toast	15 Build your own Yogurt Parfait Granola Topping Wheat Toast	16 Pumpkin Muffin
19 Southwestern Breakfast Hash & Eggs	20 WG Breakfast on a Stick	21 Egg, Ham & Cheese Muffin Sandwich	22 Baked Oatmeal	23 Carrot Muffin
26 Fruit Pocket	27 Biscuits & Country Gravy	28 Egg & Cheese Strata Wheat Toast	29 Dutch Waffles Breakfast Ham Patties	30 No School
2 Labor Day	3 Ham, Egg & Potato Breakfast Burrito	4 Build Your Own Oatmeal Topping Bar	5 French Toast Berry Compote	6 Blueberry Orange Muffin 
	<p>Cafeteria breakfasts include alternate entrée options of cold cereal and/or yogurt parfaits. Additional side items offered: milk, yogurt, cottage cheese, hard-boiled egg, choice of fruit or juice <i>Fresh fruit is always offered.</i></p>			<p>Prices K-5 - \$1.45 Adult - \$1.80 Milk - \$0.30 All meals include MILK</p>

Annual advice from Dr. Dean for making the most of the school year:

The best way for children to learn to like good foods is to be exposed to them frequently and to *try* them. (Start with small portions and don't *force* them to eat it all!) We want to reinforce your efforts at home as you teach your children good habits. **PARENTS have the greatest influence on their behaviors.** Example is a great teacher!

Continue to expose your children to new healthy foods at home and speak positively about our awesome food at school. You will help them develop a taste for a variety of good foods that will benefit them throughout their lives.

Healthy eating tip: **At every meal try making half your plate fruits and vegetables.**

Go to <http://www.choosemyplate.gov> for more information and ideas about good nutrition.



All our menu items are lower-fat, whole grain versions of favorite foods. Children are welcome to extra servings of a variety of fruits and vegetables. In addition to healthy meals, we are committed to promoting overall health and fitness. We have in-class fitness breaks to promote learning and health, and we participate in the Utah Gold Medal Schools Program as a Platinum School. We are the only charter school in Utah that has met the Silver "Healthier US School Challenge".

Remember – well-nourished, well-rested, well-hydrated, active children learn better and get better grades!



For questions about nutrition, wellness, the menu, special diets, allergies, the Healthy Hungry-Free Kids Act, etc., contact April Dean, PhD, RDN, CD, SNS, Child Nutrition Director (801) 437-3137.

