








**AUGUST  
2019**



FREEDOM  
PREPARATORY ACADEMY

**DAILY  
SPECIALS**

Grades 6-12

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Salad Bar Offered Daily!</b>	<b>13</b> <b>Grades 9-12</b> Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit 	<b>14</b> <b>Grades 6-8</b> Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit	<b>15</b> Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit Fortune Cookie	<b>16</b> Chicken Tenders Confetti Fries Baby Carrots & Ranch Applesauce Fresh Fruit Salad Cookie
	<b>19</b> Pizza or Uncrustable Marinara Cheesy Garlic Roll Spinach Salad Pears Fresh Fruit	<b>20</b> Nachos with <i>Baked Tostitos</i> Bean Dip Fresh Pico de Gallo Mexican Rice Carrots & Celery Peaches Fresh Fruit	<b>21</b> Meatball Sandwich Broccoli Salad <i>Sun Chips</i> Applesauce Fresh Fruit	<b>22</b> Hawaiian Haystacks (Steamed brown rice, Chicken in Gravy Topping Choices: Chopped Celery, Chow Mein Noodles, Coconut, Cheese, Peppers, Green Onions) Peas Pineapple Fresh Fruit
<b>26</b> Pizza or Uncrustable Marinara Cheesy Garlic Roll Celery Cucumber Salad Peaches Fresh Fruit	<b>27</b> Enchilada Casserole Refried Beans Fresh Pico de Gallo Corn Pears Fresh Fruit	<b>28</b> Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie	<b>29</b> Pulled Pork Sandwich Coleslaw Mandarin Oranges Fresh Fruit	<b>30</b> No School
<b>2</b> Labor Day	<b>3</b> Bean & Cheese Tostadas Shredded Lettuce Pico de Gallo Mandarin Oranges Fresh Fruit	<b>4</b> Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions, & Diced Ham. Steamed Broccoli Dinner Roll Applesauce Fresh Fruit	<b>5</b> Turkey, Mashed Potatoes & Gravy WG Dinner Roll Peas & Carrots Peaches Fresh Fruit	<b>6</b> Corn Dog Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob 
<b>ALL meals include access to the salad bar and seconds on fruits and vegetables (for consumption by the student only – not for sharing.)</b>	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! Fresh Fruits offered:  Grapes, Apples, Bananas, Cantaloupe,  Honeydew, Watermelon, Pineapple, Strawberries Pears, Peaches, Nectarines, Kiwi, Plums <b>We offer second helpings of vegetables &amp; fruit!</b>	This institution is an equal opportunity provider.  We <b>NEVER</b> deep-fry anything.  Virtually all our grains are whole-grain-rich (at least 50% whole grain).	<b>Prices</b> <b>6-12 - \$2.75</b> <b>Adult - \$3.80</b> <b>Milk - \$0.30</b> <b>Milk is included in the price of meals.</b>  You may pay for lunches online!	

We LOVE volunteers! To volunteer in the cafeteria, please call Patricia Pedroza (801) 437-3069

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](http://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.

Follow us on Instagram @ fpanutrition\_utah

## The Smoothie Station



**Fruit Smoothie**  
**Yogurt, Fruit & Granola Parfait**

Personalize  
your meal  
using



## MORE LUNCH OPTIONS AT THE



**Large Salad/Salad Bar**  
**Deli Sandwich**

- Hamburger on a bun
- Crispy Chicken Breast Sandwich
- Pepperoni Pizza Ripper
- Wild Mike's Cheese Bites
- Chicken Tenders
- PB&J Uncrustable

...Or the "Daily Eats" of the Day



## DAILY BREAKFAST SPECIALS

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>13</b> Pancakes & Syrup Breakfast Sausage	<b>14</b> Scrambled Eggs w/ Ham Wheat Toast	<b>15</b> Build your own Yogurt Parfait Granola Topping Wheat Toast	<b>16</b> Pumpkin Muffin
<b>19</b> Southwestern Breakfast Hash & Eggs	<b>20</b> WG Breakfast on a Stick	<b>21</b> Egg, Ham & Cheese Muffin Sandwich	<b>22</b> Baked Oatmeal	<b>23</b> Carrot Muffin
<b>26</b> Fruit Pocket	<b>27</b> Biscuits & Country Gravy	<b>28</b> Egg & Cheese Strata Wheat Toast	<b>29</b> Dutch Waffles Breakfast Ham Patties	<b>30</b> No School
<b>2</b> Labor Day	<b>3</b> Ham, Egg & Potato Breakfast Burrito	<b>4</b> Build Your Own Oatmeal Topping Bar	<b>5</b> French Toast Berry Compote	<b>6</b>  Blueberry Orange Muffin
 FREEDOM PREPARATORY ACADEMY	Cafeteria breakfasts include alternate entrée options of cold cereal and/or yogurt parfaits. Additional side items offered: <b>milk, yogurt, cottage cheese, hard-boiled egg or string cheese, choice of fruit or juice</b> Fresh fruit is always offered.			<b>Prices</b> 6-12 - \$1.55 Adult - \$1.80 Milk - \$0.30 All meals include MILK

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

The best way for anyone to learn to like good foods is to be exposed to them frequently and to *try* them often. We want to reinforce your efforts to develop a healthy lifestyle.

Continue to try new healthy foods at home and speak positively about our awesome food at school. You and your friends will develop a taste for a variety of good foods that will benefit you throughout your 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. Students purchasing lunch are welcome to extra servings of a variety of fruits and vegetables.

**Remember – to improve your ability to learn and get good grades you should: eat healthy foods, get enough sleep (9-10 hours for teens), drink plenty of water, and be physically active.**

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.