







August 2019 Freedom Preparatory Academy Vineyard K-5 Lunch Menu

Welcome Back!

Monday	Tuesday	Wednesday	Thursday	Friday
Tossed side salads offered daily!*	August 13 Pizza or Uncrustable Marinara Cheesy Garlic Roll Spinach Salad Pears Fresh Fruit	14 Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit Fortune Cookie	15 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Peaches Fresh Fruit 	16 Chicken Tenders Confetti Fries Baby Carrots & Ranch Applesauce Fresh Fruit Salad Cookie
	19 Nachos with <i>Baked Tostitos</i> Bean Dip Fresh Pico de Gallo Mexican Rice Carrots & Celery Peaches Fresh Fruit	20 Pizza or Uncrustable Marinara Cheesy Garlic Roll Carrot Salad Pears Fresh Fruit	21 Meatball Sandwich Broccoli Salad <i>Sun Chips</i> Applesauce Fresh Fruit	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
26 Enchilada Casserole Refried Beans Fresh Pico de Gallo Corn Pears Fresh Fruit	27 Pizza or Uncrustable Marinara Cheesy Garlic Roll Celery Cucumber Salad Peaches Fresh Fruit	28 Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie	29 Slow-Roasted Pulled Pork Sandwich Coleslaw Mandarin Oranges Fresh Fruit	30 No School
2 Labor Day	3 Pizza or Uncrustable Marinara Cheesy Garlic Roll Three-Bean Salad Peaches Fresh Fruit	4 Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions, & Diced Ham. Steamed Broccoli Dinner Roll Applesauce Fresh Fruit	5 Turkey, Mashed Potatoes & Gravy WG Dinner Roll Peas & Carrots Peaches Fresh Fruit	6 Corn Dog Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob 
We NEVER deep-fry anything. Virtually all our grains are whole-grain-rich (at least 50% whole grain).	<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 style="text-align: center;">Fresh Fruits offered:</p> <p>Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries, Pears, Peaches, Nectarines, Kiwi, Plums</p> <p style="text-align: center;">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</p> <p>Adult - \$3.80</p> <p>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 Annette Tanner (385) 248-5408.

Follow us on Instagram @ [fpanutrition_utah](https://www.instagram.com/fpanutrition_utah)



August 2019 Freedom Preparatory Academy Vineyard 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.** Your 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.

