



# October 2019

## Freedom Academy Provo

### K-5 Lunch Menu






Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> Street Tacos Pico de Gallo Mexican Beans Spanish Rice Corn Pineapple Fresh Fruit Salad	<b>2</b> <b>Half Day</b> Deli Turkey Sandwich <i>SunChips</i> Broccoli Salad Fresh Fruit	<b>3</b> <b>Half Day</b> Corn Dog Tater Tots WG Goldfish Baby Carrots w/ Ranch Fresh Fruit	<b>4</b> <b>Half Day</b> PB&J Uncrustable Scooby Snacks Vegetable Medley/Ranch Apple Slices
<b>7</b> Pizza Marinara Parmesan Garlic Roll Vegetable Medley Peaches Fresh Fruit	<b>8</b> Hamburger Gravy Mashed Potatoes Steamed Carrots WG Dinner Roll Pears Fresh Fruit	<b>9</b> Beef & Bean Tostadas Pico de Gallo Mexican Beans Tossed Salad Applesauce Fresh Fruit	<b>10</b> Chicken Fettuccini Alfredo Garlic Bread California Blend Vegetables Mandarin Oranges Fresh Fruit	<b>11</b> Hamburger on a Bun Toppings: Lettuce, Tomato, Onion Baby Carrots/Ranch Baked beans Mixed Fruit Fresh Fruit
<b>Red Ribbon Week</b>				
 <b>14</b> Pizza Marinara Cheesy Garlic Roll Baby Carrots Pears Fresh Fruit	<b>15</b> Chicken Enchilada Soup Baked Tostitos Bean Dip Zesty Corn Salsa Spanish Rice Peaches Fresh Fruit	<b>16</b> Asian Chicken Salad w/ Romaine, Chinese Cabbage, Chow Mein Noodles & Sesame Dressing Oven Fried Rice Mandarin Oranges Fresh Fruit		
<b>21</b> Pizza Marinara Parmesan Garlic Roll Spinach Salad Mixed Fruit Fresh Fruit	<b>22</b> Nachos w/ Cheese Pico de Gallo Bean Dip Spanish Rice Corn Pears Fresh Fruit Salad	<b>11</b> <b>Apple Crunch Day</b> Beef & Barley Stew Shredded Cheese Topping Dinner Roll Carrots w/Ranch Applesauce Apples	<b>24</b> Lasagna Garlic Bread Italian Vegetables Mandarin Oranges Fresh Fruit	<b>25</b> Crispy Chicken Sandwich Baked Beans Steamed Broccoli Pineapple Fresh Fruit
<b>28</b> <b>Pizza</b> Marinara Cheesy Garlic Roll Peas & Carrots Mandarin Oranges Fresh Fruit	 <b>29</b> <b>Gold Medal Mile Celebration!</b> Walk to Angel Falls in Venezuela (for Shy Guy Falls) "Pabellon Criollo" (Venezuelan shredded beef) Venezuelan Rice Seasoned Black Beans Platano Maduro (Fried Plantain) Corn Tropical Fruit Salad Fresh Fruit	 <b>30</b> Orange Chicken Brown Rice Stir-fried Veggies Pineapple Fresh Fruit	 <b>31</b> <b>HALLOWEEN!</b> <b>Witches Brew</b> (Homemade Chili) <b>Bone Bread</b> (Cornbread w/ Honey Butter) <b>Troll Fingers</b> (Baby Carrots) Peaches Fresh Fruit	<b>1</b> Crispy Fish Fillet Confetti Fries Pretzel Bites Coleslaw Mixed Fruit Fresh Fruit
<p>We <b>NEVER</b> 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 style="text-align: center;">Fresh Fruits Offered:</p> <p style="text-align: center;">Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries, Pears, Peaches, Nectarines, Kiwi, Plums</p> <p style="text-align: center;"><b>We offer second helpings of vegetables &amp; fruit!</b></p> <p style="text-align: center;">Tossed side salad is offered daily except on half days and entrée salad days.</p>		<p style="text-align: center;"><u>Prices</u></p> <p style="text-align: center;">K-5 - \$2.60 Adult - \$3.80 Milk - \$0.30</p> <p>Milk is included in the price of meals. </p> <p style="text-align: center;">You may pay for lunches online!</p>	



# October 2019

## Freedom Preparatory Academy Provo K-5 Breakfast Menu




Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> French Toast Sausage	<b>2</b> Build your own Parfait Yogurt Bar Wheat Toast	<b>3</b> Scrambled Eggs & Ham	<b>4</b> Lemon-Blueberry Muffin
<b>7</b> Breakfast on a Stick	<b>8</b> Dutch Waffles Fruit Topping	<b>9</b> Peachy Baked Oatmeal	<b>10</b> Breakfast Burrito	<b>11</b> Apple Streusel Bran Muffin
<b>14</b> Bagels Cream Cheese or PB&J	<b>15</b> Biscuits & Country Gravy	<b>16</b> Waffles Fruit Compote	<b>17</b> 	<b>18</b> 
<b>21</b> Pancakes/Sausage	<b>22</b> Ham & Egg Breakfast Sandwich	<b>23</b> Breakfast Pizza	<b>24</b> Cheesy Broccoli Egg Muffin	<b>25</b> Cranberry-Orange Muffin
<b>28</b> Fruit Pocket	<b>29</b> Baked Denver Omelet Wheat Toast	<b>30</b> Apple Cinnamon Baked Oatmeal	<b>31</b> HALLOWEEN! Cinnamon Rolls (Orange Frosting)	<b>1</b> Pumpkin Muffin
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, choice of fruit and/or juice</b> <i>Fresh fruit is always offered.</i>			 This institution is an equal opportunity provider.	<b>Prices</b> K-5 - \$1.45 Adult - \$1.80 Milk - \$0.30 All meals include MILK



### What's Wrong with Eating a Lot of Sugar?



Added sugar, including desserts, beverages and sweets, makes up about 10% of the normal American diet. During Halloween, the average child eats approximately **3 cups of sugar!** This is 20 times the maximum daily recommendation. Sugar contains no vitamins or minerals. It adds to our calorie intake but is not nutritious. Studies from Harvard indicate that increased sugar intake may overload the liver. If we continue to ingest excessive amounts of sugar, it can lead to obesity and fatty liver, contribute to diabetes, and increase the risk for heart disease. Common symptoms may include a rise in blood pressure and an increase in chronic inflammation. 

In order to prevent the increase in these risks, The American Heart Association recommends that children consume no more than 100 calories of added sugar per day (about half a can of soda or a small candy item.) One way to follow this recommendation is to spread out your child's sugar consumption. Halloween is a good time to teach your child about listening to his/her body's cues when it comes to hunger and satiety (feeling full). Parents should not micromanage, but be "supporters," helping kids check in with their own instincts by asking questions like, "How did all that candy make you feel? What would you do differently next time?" Kids need practice listening to their own hunger cues.

So, when your children get home with their bags full of candy, check it for safety and help them understand the importance of moderation. Suggest eating only a little bit of it each day. Using moderation in added sugar intake over time may help reduce the risks of future liver disease, heart disease, obesity, and diabetes.

Ideas that may help limit sugar overload include: limit the amount of trick-or-treating, buy back some candy or trade it for a toy, have your child eat a healthy meal before trick-or-treating, give out non-food or healthier snack items with less added sugar such as pre-packaged popcorn, crackers, pretzels, baked chips, or sugar-free gum.

