



October 2019

Freedom Academy Vineyard

K-5 Lunch Menu





Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pizza Marinara Cheesy Garlic Roll Carrots & Celery Mandarin Oranges Fresh Fruit	2 Half Day Deli Turkey Sandwich <i>SunChips</i> Broccoli Salad Fresh Fruit	3 Half Day Corn Dog Tater Tots WG Goldfish Baby Carrots w/ Ranch Fresh Fruit	4 Half Day PB&J Uncrustable Scooby Snacks Vegetable Medley/Ranch Apple Slices
7 Street Tacos Pico de Gallo Mexican Beans Spanish Rice Corn Pineapple Fresh Fruit Salad	8 Pizza Marinara Parmesan Garlic Roll Vegetable Medley Peaches Fresh Fruit	9 Hamburger Gravy Mashed Potatoes Steamed Carrots WG Dinner Roll Pears Fresh Fruit	10 Chicken Fettuccini Alfredo Garlic Bread California Blend Vegetables Mandarin Oranges Fresh Fruit	11 Hamburger on a Bun Toppings: Lettuce, Tomato, Onion Baby Carrots/Ranch Baked beans Mixed Fruit Fresh Fruit
Red Ribbon Week				
14 Chicken Enchilada Soup Baked Tostitos Bean Dip Spanish Rice Zesty Corn Salsa Peaches Fresh Fruit	 15 Pizza Marinara Cheesy Garlic Roll Baby Carrots Pears Fresh Fruit	16 Asian Chicken Salad w/ Romaine, Chinese Cabbage, Chow Mein Noodles & Sesame Dressing Oven Fried Rice Mandarin Oranges Fresh Fruit	 17 18	
21 Nachos w/ Cheese Pico de Gallo Bean Dip Spanish Rice Corn Pears Fresh Fruit Salad	 22 Pizza Marinara Parmesan Garlic Roll Spinach Salad Mixed Fruit Fresh Fruit	 11 Apple Crunch Day Beef & Barley Stew Shredded Cheese Topping Dinner Roll Cts w/Ranch Applesauce Apples	24 Lasagna Garlic Bread Italian Vegetables Mandarin Oranges Fresh Fruit	25 Crispy Chicken Sandwich Baked Beans Steamed Broccoli Pineapple Fresh Fruit
28 Pizza Marinara Cheesy Garlic Roll Peas & Carrots Mandarin Oranges Fresh Fruit	 29 Gold Medal Mile Celebration! 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	 30 Orange Chicken Brown Rice Stir-fried Veggies Pineapple Fresh Fruit	 31 HALLOWEEN! Witches Brew (Homemade Chili) Bone Bread (Cornbread w/ Honey Butter) Troll Fingers (Baby Carrots) Peaches Fresh Fruit WG Cookie 	1 Crispy Fish Fillet Confetti Fries Pretzel Bites Coleslaw Mixed Fruit Fresh Fruit
<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 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;">We offer second helpings of vegetables & fruit!</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 Vineyard K-5 Breakfast Menu




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

