



Freedom Preparatory Academy Vineyard Grab & Go Menu March 23 – April 3, 2020



You may pick up both breakfast and lunch at the same time 10:30 am -11:30 am

(Menu subject to change if necessary)

LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
23 PB&J Uncrustable Baby Carrots/Ranch Fresh Fruit Frozen Strawberry Cup Milk	24 Deli Sub Sandwich Deli Salad Scooby Snack Fresh Fruit Milk	25 Corn Dog Chips Baked Beans Vegetable Medley Fresh Fruit Milk	26 Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Fruit Fortune Cookie Milk	27 Teriyaki Chicken Sandwich on a Bun Toasted Sesame Slaw Fruit Milk
30 Chicken Tenders Confetti Fries Fruit WG Cookie Milk	31 Sloppy Joes Baby Carrots/ranch Fruit Milk	April 1 Chicken & Cheese Quesadilla Pico de Gallo Mexican Beans Fruit Milk	2 Chicken Salad Sandwich Vegetable Medley Tossed Salad Fruit Milk	3 Fish Sticks Chips Coleslaw Fruit Milk
This institution is an equal opportunity provider			<u>BREAKFAST Prices</u> Ages 0-18 - FREE Non-student - \$1.80 Extra Milk - \$0.30 All meals include MILK	<u>LUNCH Prices</u> Ages 0-18 - FREE Non-student - \$3.80 Extra Milk - \$0.30 Milk is included in the price of meals

BREAKFAST

23 Breakfast Burrito Fruit Milk	24 Breakfast Cereal Fruit Milk	25 Sausage & Cheese Breakfast Croissant Fruit Milk	26 Cinnamon Roll Yogurt Fruit Milk	27 Blueberry Muffin HB Egg Fruit Milk
30 Freedom Breakfast Cookie	31 Breakfast Cereal Fruit Milk	April 1 Pancake on a Stick Fruit Milk	2 Peachy Baked Oatmeal Fruit Milk	3 Poppyseed Muffin HB Egg Fruit Milk

Please be sure to refrigerate perishable foods if not eaten right away.

Remember to enter the HEALTHY RECIPE CONTEST!
We want to serve some of the winning recipes at a future school lunch.

