



August 18-September 15, 2020

Freedom Preparatory Academy Provo 6-12 Lunch Menu

(subject to change based on availability of product)



Monday	Tuesday	Wednesday	Thursday	Friday
Tossed side salads offered daily!	18 Orientation Pizza or PB&J Marinara Cheesy Garlic Roll Peas & Carrots Mandarin Orange Cup	19 Orientation Pizza or PB&J Marinara Cheesy Garlic Roll Peas & Carrots Mandarin Orange Cup	20 Pulled Pork Sandwich Coleslaw Applesauce	21 Calzones Breadstick Celery/Cucumber Salad Fresh Fruit
24 Corn Dog Baked Beans Scooby Doo Grahams Pear Cup	25 Pizza or PB&J Marinara Cheesy Garlic Roll Spinach Salad Fresh Fruit	26 Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Cup Fortune Cookie	27 Bean Tostadas Fresh Pico de Gallo Corn Mexican Beans Fresh Fruit	28 Hamburger on a Bun Lettuce BBQ Beans Mixed Fruit Cup
31 Bean Burrito Spanish Rice Baby Carrots/Ranch Fresh Fruit	September 1 Pizza or PB&J Marinara Cheesy Garlic Roll Vegetable Medley Applesauce Cup	2 Hawaiian Ham, Pineapple, Veggie & Rice Bowl Fresh Fruit	3 Chicken Salad Sandwich on a roll Pasta & Vegetable Salad Fresh Fruit	4 No School
7 Labor Day	8 Pizza or PB&J Marinara Baby Carrots/Ranch Cheesy Garlic Roll Fresh Fruit	9 Country Biscuit Chicken Pot Pie Tossed Salad Mandarin Orange Cup Muffin	10 Macaroni & Cheese (Baked from scratch with real cheese!) Garlic Roll Peas & Carrots Fresh Fruit	11 Chicken Tenders Confetti Fries Farm Fresh Corn on the Cob Pear Cup Cookie 
14 Bean & Green Chile Quesadilla Vegetable Medley/Ranch Mixed Fruit Cup	15 Pizza or PB&J Marinara Broccoli Florets/Ranch Cheesy Garlic Roll Fresh Fruit	16 Pork Carnitas Soft Tortillas Pico de Gallo Mexican Beans Peach Cup	17 Meatloaf Mashed Potatoes & Gravy Dinner Roll Peas & Carrots Fresh Fruit Salad	18 Mozzarella Sticks Marinara Dipping Sauce Dinner Roll Tossed Salad Mandarin Orange Cup
Virtually all our grains are whole-grain-rich (at least 50% whole grain).	Seasonal Fresh Fruit will be offered. Such as: Grapes, Apples, Bananas, Cantaloupe, Honeydew, Watermelon, Pineapple, Strawberries, Pears, Peaches, Nectarines, Kiwi, Plums. Because it is hard to predict the fruit that will be available, the fresh fruit offered is not listed. All lunches come with fruit. 		You may pay for lunches online! This institution is an equal opportunity provider.	Lunch Prices 6-12 - \$2.85 Adult - \$3.90 Milk - \$0.30 Milk is included in the price of meals 

Please apply online through Aspire for free or reduced-price meals. You must reapply each year even if you qualified last year. See our website for instructions. (freedomprep.net/info/child_nutrition)

As we learn to manage our new COVID-19 lunch procedures, we will not offer the "Daily Eats" line.

Online students are eligible for school lunch. Families may pick up sack or boxed lunches 1:00-1:30 daily. If you would like to pick up the current day's lunch along with the next day's breakfast, please let us know (801-437-3069.) Students will be charged according to their status (free, reduced or paid).

Check out the next page for some good ideas for staying healthy!




August 18-September 15, 2020



Freedom Preparatory Academy 6-12 Breakfast Menu

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Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast Prices 6-12- \$1.60 Adult - \$2.80 Milk - \$0.30  Milk is included in the price of meals	18 WG Maple & Vanilla Breakfast Bites Sausage	19 Scrambled Eggs & Ham Wheat Toast	20 Apple-Cinnamon Baked Oatmeal	21 Blueberry Muffin HB Egg
24 Bagel w/cream cheese or PB&J	25 Ham & Egg English Muffin Sandwich	26 Chicken & Waffles	27 WG Pancakes Fruit Compote Sausage	28 Pumpkin Muffin HB Egg
31 Breakfast Croissant with Sausage & Cheese	September 1 Eggs Ranchero Breakfast Burrito	2 Breakfast Quiche Wheat Toast	3 WG Breakfast on a Stick	4 No School
7 Labor Day	8 Egg, Ham & Potato Breakfast Burrito	9 Yogurt Parfait Wheat Toast	10 Peachy Baked Oatmeal	11 Carrot Muffin HB Egg
14 Breakfast Pizza	15 Dutch Waffles Fruit Compote	16 Sausage & Egg English Muffin Sandwich	17 French Toast Sticks With Syrup	18 Banana Muffin HB Egg

Tips to Improve your Health

1. Think Positive and Focus on Gratitude - a healthy positive attitude helps build a healthier immune system and boosts overall health.	2. Eat your vegetables and fruit - A diet high in vegetables and fruit is associated with a reduced risk of developing various cancers and other chronic diseases	3. Exercise Daily - exercise makes you stronger. It improves brain function, and eyesight. It also normalizes blood pressure, improves lean muscle lowers cholesterol, and improves bone density.
4. Get a good night's sleep - find ways to calm your mind. Sleeping is critical to clear thinking and good health.	5. Drink as much water as possible during the day. -drinking enough water can help maintain healthy brain function, concentration, and a positive mood. It also helps your body clear waste.	6. Avoid Getting Sick - follow hand washing, sanitizing, and social distancing recommendations. Wear a mask while the virus is spreading to help protect yourself and those around you. Eat right!
7. Practice mindful eating - be aware of what you are eating and how fast you are eating. Try to eat slowly so that you enjoy your meal and eat less. Think about everything that made your meal possible.	8. Unplug from technology especially an hour before bed - technology disturbs sleep, and excessive screen time is associated with physical inactivity.	9. Try putting meditation into your daily routine -research has shown that meditation is an effective way to alleviate stress. Include some slow, deep-breathing.