


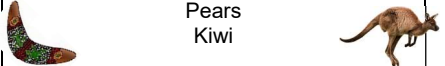


April 2021



Freedom Preparatory Academy
Secondary Lunch Menu





Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices Students – FREE Adults - \$3.90 Extra Milk - \$0.30 Milk is included in the price of meals.</p>	<p>3 for Free! Students may enhance their home lunch with a fruit, vegetable AND Milk FREE!</p>		<p>1 Monster Fries With choice of chili and/or cheese Steamed Broccoli Dinner Roll Tropical Mixed Fruit Fresh Fruit</p>	<p>2 Corn dog Sunchips Carrots w/ Ranch Pears Fresh Fruit</p>
5	6	7	8	9
<p>12 Malibu Chicken Sandwich Confetti Fries Green Beans Mixed Fruit Fresh Fruit</p>	<p>13 Pizza w/ Marinara Dip Parmesan Garlic Rolls Peas & Carrots Applesauce Fresh Fruit</p>	<p>14 Popcorn Chicken & Mashed Potato Bowl Steamed Broccoli Dinner Roll Pears Fresh Fruit</p>	<p>15 Nachos Bean Dip Pico de Gallo Spanish Rice Corn Peaches Fresh Fruit</p>	<p>16 Fish Sticks Goldfish Crackers Citrus Dijon Coleslaw Mandarin Oranges Fresh Fruit</p>
<p>19 Chicken Tenders WG Biscuit Baked Beans Mixed Vegetables Applesauce Fresh Fruit</p>	<p>20 Pizza w/ Marinara Dip Parmesan Garlic Roll Carrots w/ranch Pears Fresh Fruit</p>	<p>21 Teriyaki Chicken Vegetable Stir Fry Brown Rice Mandarin Oranges Fresh Fruit Fortune Cookie</p>	<p>22 Sloppy Joes Cowboy Beans Spinach Salad Peaches Fresh Fruit</p>	<p>23 Mozzarella Sticks Marinara Dip Breadstick Tossed Salad Tropical Mixed Fruit Fresh Fruit</p>
<p>26 Hamburger Tater Tots BBQ Beans Carrots w/ranch Peaches Fresh Fruit</p>	<p>27 Pizza w/ Marinara Dip Garlic Breadstick Broccoli Salad Applesauce Fresh Fruit</p>	<p> 28 International Menu - AUSTRALIA! Shearer's Meat & Potato Pot Pie Favorite Australian Roasted Vegetables Dinner Roll Anzac Biscuits (traditional cookie) Pears Kiwi</p> 	<p>29 Chicken Fajitas Black Beans Corn Pico de Gallo Mixed Fruit Fresh Fruit</p>	<p>30 Toasted Cheese Sandwich Tomato Basil Soup Vegetable Medley Mandarin Oranges Fresh Fruit</p>

Side Salads are offered daily except on entrée salad days.



April 2021 Freedom Preparatory Academy Secondary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
			1 WG Pancakes Fruit Compote Sausage	2 Blueberry Muffin HB Egg
5	6	7	8	9
12 UBR (Ultimate Breakfast Round Cookie) String Cheese	13 Chicken & Waffles	14 French Toast Sticks w/ Fruit Compote Sausage	15 Sausage & Egg Breakfast Sandwich	16 Cranberry/Orange Muffin Yogurt
19 Berry & Sweet Cream Breakfast Bites HB Egg	20 Breakfast Taco	21 Apple-Cinnamon Baked Oatmeal	22 Breakfast Stromboli Yogurt	23 Banana Muffin String Cheese
26 Bagel w/Cream Cheese or Peanut Butter & Jelly Yogurt	27 Scrambled Eggs & Ham Wheat Toast	28 Yogurt & Fruit Parfait String Cheese 	29 Cereal Yogurt	30 Pumpkin Muffin HB Egg


This institution is an equal opportunity provider.







Diet and Depression



Three dietary patterns are associated with a lower risk of becoming depressed:

1. The Mediterranean Diet
2. The Dutch Healthy Diet 
3. The DASH Diet (**D**ietary **A**pproaches to **S**top **H**ypertension)

All three of these diets have some important things in common. They:

1. are very rich in a variety of vegetables
2. emphasize legumes (beans) and nuts for protein 
3. encourage whole fruit intake 
4. recommend two servings of fatty fish/week (such as salmon, tuna and sardines)
5. emphasize whole grains 
6. avoid (recommended) or limit alcohol intake.
(Zero for children. No more than 1 drink in a day for women, or 2 for men.)
7. limit consumption of added sugar (Soda pop is especially high. Check labels of common foods for added sugar.) 
8. limit deep fried foods (such as French fries)
9. limit intake of saturated fat (fat that is solid at room temperature.)

A higher consumption of refined and overly processed foods as well as high-fat and high-sugar foods is associated with inflammation and a higher risk of depression.

Inflammation is one of the things that can affect brain blood flow, which can contribute to depression.

Inflammation is implicated in many diseases, such as cardiovascular disease, diabetes, cancer, obesity, Alzheimer's, arthritis, and others.

Healthy gut bacteria is also thought to be important to brain health, so inclusion of fermented foods is a good idea (such as low fat, low added sugar yogurt.)