











**September 2022**   
**Freedom Preparatory Academy Provo**  
**K-5 Lunch Menu**



<p><b>Prices</b>  <b>K-5 - \$2.80</b>  <b>Adult - \$3.90</b>  <b>Milk alone - \$0.50</b>          Milk is included in the price of meals.</p>			<p style="text-align: center;"><b>1</b>          Teriyaki Chicken          Stir-fried Vegetables          Steamed Brown Rice          Pineapple          Fresh Fruit          Fortune Cookie</p>	<p style="text-align: center;"><b>2</b>           No School</p>
<p style="text-align: center;"><b>4</b>          Labor Day   </p>	<p style="text-align: center;"><b>6</b>          Pizza          Marinara          Garlic Breadstick          Broccoli Salad          Pears          Fresh Fruit</p>	<p style="text-align: center;"><b>7</b>          Chili Cheese Fries          Steamed Carrots          Dinner Roll          Applesauce          Fresh Fruit</p>	<p style="text-align: center;"><b>8</b>          Bean &amp; Cheese Tostadas          Shredded Lettuce          Pico de Gallo          Baby Carrots          Peaches          Fresh Fruit</p>	<p style="text-align: center;"><b>9</b>          Corn Dog          Baked Beans          Cinnamon Apple Slices          Fresh Fruit          Farm Fresh Corn on the Cob </p>
<p style="text-align: center;"><b>12</b>          Toasted Cheese Sandwich          Tomato Florentine Soup          Tossed Salad          Mandarin Oranges          Fresh Fruit</p>	<p style="text-align: center;"><b>14</b>          Pizza          Marinara          Vegetable Medley/Ranch          Cheesy Garlic Roll          Pears          Fresh Fruit</p>	<p style="text-align: center;"><b>15</b>          Pork Carnitas          Soft Tortilla          Fresh Pico de Gallo          Mexican Beans          Applesauce          Fresh Fruit</p>	<p style="text-align: center;"><b>16</b>          Meatball Sub Sandwich          Roasted Vegetables          SunChips          Pineapple          Fresh Fruit</p>	<p style="text-align: center;"><b>17</b>          Chicken Caesar Wrap          Mixed Vegetables          Peaches          Fresh Fruit</p>
<p style="text-align: center;"><b>19</b>          Cheese Quesadilla          Pico de Gallo          Mexican Beans          Pears          Fresh Fruit</p>	<p style="text-align: center;"><b>21</b>  <b>Happy Birthday,          Curious George!</b>             Pizza          Marinara          Garlic Breadstick          Spinach salad          Pineapple          Banana </p>	<p style="text-align: center;"><b>22</b>  <b>Gold Medal Mile Celebration!</b>  <b>Walk to New York City Subway</b>  <b>(for Super Bell Subway)</b>             New York Hot Dog w/toppings choices          (sauerkraut, celery, onions, etc.)          Deli Roasted Veggies          Soft Pretzel Bite          Fresh Local Peaches          Applesauce   </p>	<p style="text-align: center;"><b>23</b>          Shepherd's Pie          Tossed Salad          Dinner Roll          Mandarin Oranges          Fresh Fruit</p>	<p style="text-align: center;"><b>24</b>          Homemade Ham, Potato &amp; Bean          Soup          Dinner Roll          Tossed Salad          Peaches          Fresh Fruit</p>
<p style="text-align: center;"><b>26</b>          Mozzarella Sticks          Marinara Dipping Sauce          Southwest Deli Salad          SunChips          Mandarin Oranges          Fresh Fruit</p>	<p style="text-align: center;"><b>27</b>          Pizza          Marinara          Cheesy Garlic Roll          Peas &amp; Carrots          Pineapple          Banana</p>	<p style="text-align: center;"><b>28</b>  <b>Half Day</b>           Bean &amp; Cheese Burrito          Salsa          Mexican Beans          String Cheese          Fresh Fruit          WG Churro half</p>	<p style="text-align: center;"><b>29</b>  <b>Half Day</b>           Calzone          Garlic Breadstick          Vegetable Medley/Ranch          Fresh Fruit</p>	<p style="text-align: center;"><b>30</b>  <b>Half Day</b>           PB&amp;J Uncrustable          Baby Carrots/Ranch          Scooby Snacks          Fresh Fruit</p>
<p>Virtually all our grains are whole-grain-rich (at least 50% whole grain).          Side salads are offered daily</p>	<p>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. </p>		<p>This institution is an equal opportunity provider.</p>	

At Freedom Preparatory Academy we know how important exercise and nutrition are to proper growth, strength, fitness, mental health AND learning!



**September 2022**  
**Freedom Preparatory Academy Vineyard**  
**K-5 Breakfast Menu**

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt Parfait Wheat Toast	2 No School
5 Labor Day	6 Bagel & Cream Cheese	7 Egg, Ham & Potato Breakfast Burrito	8 French Toast	9 Cranberry Orange Muffin
12 Breakfast Stromboli	13 Egg & Cheese Strata Wheat Toast	14 Dutch Waffles Fruit Compote	15 Apple Cinnamon Baked Oatmeal	16 Raisin Bran Muffin
19 Breakfast Pizza	21 WG Pancakes Fruit Compote Sausage	22 Scrambled Eggs & Ham Wheat Toast	23 Apple Texas Toast Sausage	24 Yogurt Muffin Squares
26 Breakfast Burrito	27 Pancake Bowl	28 Breakfast Sandwich	29 WG Breakfast Bites Sausage	30 Pumpkin Muffin
All cafeteria breakfasts include an <b>alternate entrée option of cold cereal</b> . Additional side items offered daily: <b>milk, yogurt, hard-boiled egg or string cheese, choice of fruit or juice</b> . <i>Fresh</i> fruit is always offered.			We do our best to follow the menu. However, sometimes our vendors run out of product due to high demand and supply-chain problems so we may have to make occasional substitutions. No matter what, students will get high quality, complete meals.	<p style="text-align: center;"><b>Prices</b></p> <p style="text-align: center;">K-5 - <b>\$1.60</b>            Adult - <b>\$2.80</b>            Milk - <b>\$0.50</b>  <b>All meals include MILK</b>  <b>Extra Milk - \$0.50</b></p>



**The Gold Medal Mile Program**

You may have heard that one of the biggest threats to our children’s health today is obesity - either now or in the future. We try to teach by example healthful eating and exercise behaviors to help prevent this serious problem. One of the ways we do that is the Gold Medal Mile Program.

Classes compete to see who can walk/run (or equivalent) the farthest each month as we collectively “walk around the world.”

As you may know, classes at Freedom Preparatory Academy Elementary schools have two 5-minute fitness breaks in the classroom to help them be at their best every day. Teachers have a walking conversion factor for various activities, so these breaks count toward their class miles. Children are also encouraged to walk the Gold Medal Mile route around the playground at recess. PE time does not count toward this program. The only out of school exercise that is counted is if the student is part of an organized sport such as soccer, football, etc. Individual lessons such as dance and martial arts can also be counted. We have a short “coach’s form” which can be completed by the coach/instructor.

Obesity can be a serious lifelong health issue. **Teach children by the entire family’s example** to avoid foods that are deep-fried or high in added sugar. Emphasize fruits, vegetables and whole grains. Do active things for fun and limit screen time (other than school work, of course.) These changes will help your entire family be healthy. Even if no one in the family is obese, these are still important lifestyle changes that will improve your mental and physical health as well as school performance!

