











September 2022



Freedom Preparatory Academy Vineyard
K-5 Lunch Menu



<p>Prices K-5 - \$2.80 Adult - \$3.90 Milk alone - \$0.50 Milk is included in the price of meals.</p>			<p>1 Teriyaki Chicken Stir-fried Vegetables Steamed Brown Rice Pineapple Fresh Fruit Fortune Cookie</p>	<p>2 No School</p>
<p>4 Labor Day </p>	<p>6 Pizza Marinara Garlic Breadstick Broccoli Salad Pears Fresh Fruit</p>	<p>7 Chili Cheese Fries Steamed Carrots Dinner Roll Applesauce Fresh Fruit</p>	<p>8 Bean & Cheese Tostadas Shredded Lettuce Pico de Gallo Baby Carrots Peaches Fresh Fruit</p>	<p>9 Corn Dog Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob </p>
<p>12 Toasted Cheese Sandwich Tomato Florentine Soup Tossed Salad Mandarin Oranges Fresh Fruit</p>	<p>14 Pizza Marinara Vegetable Medley/Ranch Cheesy Garlic Roll Pears Fresh Fruit</p>	<p>15 Pork Carnitas Soft Tortilla Fresh Pico de Gallo Mexican Beans Applesauce Fresh Fruit</p>	<p>16 Meatball Sub Sandwich Roasted Vegetables SunChips Pineapple Fresh Fruit</p>	<p>17 Chicken Caesar Wrap Mixed Vegetables Peaches Fresh Fruit</p>
<p>19 Cheese Quesadilla Pico de Gallo Mexican Beans Pears Fresh Fruit</p>	<p>21 Pizza Marinara Garlic Breadstick Spinach salad Pineapple Banana</p>	<p>22 Homemade Ham, Potato & Bean Soup Dinner Roll Tossed Salad Peaches Fresh Fruit</p>	<p>23 Shepherd's Pie Tossed Salad Dinner Roll Mandarin Oranges Fresh Fruit</p>	<p>24  Gold Medal Mile Celebration! Walk to New York City Subway (for Super Bell Subway)   New York Hot Dog w/toppings (sauerkraut, celery, onions, etc.) Deli Roasted Veggies Soft Pretzel Bite Fresh Local Peaches Applesauce</p>
<p>26 Mozzarella Sticks Marinara Dipping Sauce Southwest Deli Salad SunChips Mandarin Oranges Fresh Fruit</p>	<p>27 Happy Birthday, Curious George!  Pizza Marinara Cheesy Garlic Roll Peas & Carrots Pineapple Banana</p>	<p>28 Half Day  Bean & Cheese Burrito Salsa Mexican Beans String Cheese Fresh Fruit WG Churro half</p>	<p>29 Half Day Calzone Garlic Breadstick Vegetable Medley/Ranch Fresh Fruit</p>	<p>30 Half Day PB&J Uncrustable Baby Carrots/Ranch Scooby Snacks 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 Scrambled Eggs & Ham Wheat Toast	22 WG Pancakes Fruit Compote Sausage	23 Apple Texas Toast	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 alternate entrée option of cold cereal . Additional side items offered daily: milk, yogurt, hard-boiled egg or string cheese, choice of fruit or juice . <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>Prices K-5 - \$1.60 Adult - \$2.80 Milk - \$0.50 All meals include MILK Extra Milk - \$0.50</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!

