



February 2023

Freedom Preparatory Academy K-5 Lunch Menu

St George Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is an equal opportunity provider.</p>		<p>1 Hamburger Gravy Mashed Potatoes Peas Dinner Roll Pears Fresh Fruit</p>	<p>2 Ham & Potato Soup Dinner Roll Crunchy Apple-Celery Salad Applesauce Fresh Fruit</p>	<p>3 Grilled Chicken Fajitas Seasoned Black Beans California Blend Vegetables Peaches Fresh Fruit</p>
<p>6 Pizza w/ Marinara Dip Vegetable Medley Pears Fresh Fruit</p>	<p>7 Chicken Tenders Spinach Salad Baked Beans WG Biscuit Pineapple Fresh Fruit</p>	<p>8 Bean and Cheese Burrito Pico de Gallo Baby Carrots/Ranch Mixed fruit Fresh Fruit</p>	<p>9 Turkey, Mashed Potatoes & Gravy Steamed Carrots Dinner Roll Peaches Fresh Fruit</p>	<p>10 Hamburger on a Bun Lettuce, Tomato Coleslaw Confetti Fries Applesauce Fresh Fruit</p>
<p>13 Pizza w/ Marinara Dip Baby carrots & Ranch Mandarin Oranges Fresh Fruit</p>	<p>14 <i>Fancy Valentine Meal</i> Chicken Cordon Bleu Rice Pilaf Broccoli w/Béchamel Sauce Dinner Roll Peaches Fresh Fruit Cherry Chocolate Cheesecake</p>	<p>15 Fettuccini Alfredo with Ham California Blend Vegetables Breadstick Pineapple Fresh Fruit</p>	<p>16 Chicken Enchilada Soup Baked Tostitos Bean Dip Spanish Rice Applesauce Fresh Fruit</p>	<p>17 No School</p>
<p>20 </p>	<p>21 Gold Medal Mile Walk to South Korea! Korean BBQ Chicke Steamed Brown Ric Kimchi Korean Stir-fried Vegetables Mandarin Oranges Fresh Fruit</p>	<p>22 Half Day Corn Dog Confetti Fries Baby Carrots/Ranch <i>SunChips</i> Peaches Fresh Fruit</p>	<p>23 Half Day Pizza Bite Calzones 3-Bean Salad WG Roll Vegetable Medley Pears Fresh Fruit</p>	<p>24 Half Day PB&J Uncrustable Broccoli Salad String Cheese Scooby-Doo Grahams Applesauce Fresh Fruit</p>
<p>27 Pizza w/ Marinara Dip Steamed California Blend Vegetables Pineapple Fresh Fruit</p>	<p>28 Cheese Quesadilla Pico de Gallo Black Beans Corn Peaches Fresh Fruit</p>		<p>Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Pineapple, Pears, Kiwi, Oranges We offer second helpings of vegetables & fruit!</p> <p>Tossed Salads offered daily</p>	<p>Prices Grades K-5 - \$2.60 Adult - \$3.80 Milk - \$0.30 </p> <p>Milk is included in the price of meals.</p>



February 2023 Freedom Preparatory Academy K-5 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
		1 Ham, Egg & Potato Breakfast Burrito	2 French Toast Sticks Sausage	3 Lemon Blueberry Muffins
6 WG Pancakes Sausage	7 Breakfast Sandwich	8 Baked Oatmeal	9 Scrambled Eggs w/ham Wheat Toast	10 Carrot Muffins
13 Breakfast Stromboli	14 Dutch Waffles Berries Sausage	15 Yogurt Parfait Wheat Toast	16 Ham & Cheese Quiche Wheat Toast	17 No School
20 President's Day	21 Pancake on a Stick	22 Egg & Cheese Strata Wheat Toast	23 Cinni-Mini HB Egg	24 Cranberry-Orange Muffins
27 Apple Toast Yogurt	28 Breakfast Pizza	.	Additional side items offered: Yogurt, Cottage Cheese, Hard-boiled Egg, choice of Fruit.	Prices K-5 - \$1.60 Adult - \$2.80 Milk - \$0.50 All meals include MILK

Stay Healthy During Cold & Flu Season

Coughs, sneezes, and colds always seem to come with the cold weather, but there are several measures you can take to boost your immune system to help prevent catching a cold, the flu, or other illness

Eat Right:

- Eating fresh fruits and vegetables can provide vitamins and other phytonutrients (that means they come from plants) that help fight colds.
- Vitamin C, Vitamin A, and Zinc are known to help reduce the duration of colds and can boost the immune system.
- Citrus fruits such as oranges, lemons, and grapefruit are readily available in the winter and are especially high in Vitamin C.
- Red meat and poultry are great sources of Zinc. Good sources include beans, nuts, whole grains, and dairy products.
- Drink lots and lots of water!!



Wash your hands

- Many illnesses are spread by hand and can be prevented by simply washing your hands.
- Wash your hands with warm water and soap for at least 20 seconds several times throughout the day including:
 - o Before, during, and after food preparation as well as before eating
 - o After using the restroom
 - o After blowing your nose, sneezing, or coughing



Get a flu shot: The CDC reports that getting a flu shot reduces risk of the flu by 40-60%

Age	Sleep per 24 hours
3-5 years	10-13 hours
6-12 years	9-12 hours
13-18 years	8-10 hours
Adults	7-9 hours

Get enough sleep: Recommendations from the American Academy of Pediatrics. Aim for a regular bedtime routine.