






# September 2023



# Daily Eats



## Freedom Preparatory Academy 6-12 Lunch Menu

<p><b>Prices</b> 6-12 - \$3.00 Adult - \$4.10 Milk alone - \$0.50 Milk is included in the price of meals.</p> 	<p><b>5</b> Pizza Marinara Garlic Breadstick Steamed Carrots Pears Fresh Fruit</p>	<p><b>6</b> Monster Fries (Potato Wedges) Topping Choices: Chili, Cheese, Green Onions Broccoli Salad Dinner Roll Applesauce Fresh Fruit</p>	<p><b>7</b> Bean &amp; Cheese Tostadas Shredded Lettuce Pico de Gallo Baby Carrots Peaches Fresh Fruit</p>	<p><b>8</b> Corn Dog Baked Beans Cinnamon Apple Slices Fresh Fruit Farm Fresh Corn on the Cob </p>
<p><b>11</b> Mozzarella Sticks Marinara Dipping Sauce Italian Deli Salad Confetti Fries Mandarin Oranges Fresh Fruit</p>	<p><b>12</b> Pizza Marinara Vegetable Medley/Ranch Cheesy Garlic Roll Pears Fresh Fruit</p>	<p><b>13</b> Meatball Sub Sandwich Baby Carrots Tater Tots Pineapple Fresh Fruit</p>	<p><b>14</b> Pork Carnitas w/Flour Tortilla Fresh Pico de Gallo Mexican Beans Corn Applesauce Fresh Fruit</p>	<p><b>15</b> Chicken Caesar Wrap Mixed Vegetables Peaches Fresh Fruit</p>
<p><b>18</b> Cheese Quesadilla Pico de Gallo Mexican Beans Celery Cucumber Salad Pears Fresh Fruit</p>	<p><b>19</b> Pizza Marinara Garlic Breadstick Spinach salad Pineapple Fresh Fruit</p>	<p><b>20</b> <b>Paul Bunyan Lunch</b> Flapjacks w/Maple Syrup Scrambled Eggs Hash Brown Potatoes Celery Sticks Applesauce Fresh Local Peaches</p>	<p><b>21</b> Homemade Ham, Potato &amp; Bean Soup Dinner Roll Baby Carrots Peaches Fresh Fruit</p>	<p><b>22</b> Shepherd's Pie Tossed Salad Farm Fresh Corn on the Cob Dinner Roll Mandarin Oranges  Fresh Fruit</p>
<p><b>25</b> Toasted Cheese Sandwich Tomato Florentine Soup Tossed Salad Mandarin Oranges Fresh Fruit</p>	<p><b>26</b> Pizza Marinara Cheesy Garlic Roll Peas &amp; Carrots Pineapple Banana</p>	<p><b>27</b> <b>Half Day</b> Bean &amp; Cheese Burrito Salsa Mexican Beans Fresh Fruit WG Churro half</p>	<p><b>28</b> <b>Half Day</b> Calzone Garlic Breadstick Vegetable Medley/Ranch Fresh Fruit</p>	<p><b>29</b> <b>Half Day</b> PB&amp;J Uncrustable Baby Carrots/Ranch String Cheese Scooby Snacks Fresh Fruit</p>
<p><b>October 2</b> Deli Wrap w/ Turkey, Cheese, Lettuce Baby Carrots &amp; Hummus Peaches Fresh Fruit</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>Virtually all our grains are whole-grain-rich (at least 50% whole grain.)  Side salads are offered daily</p>	<p>This institution is an equal opportunity provider.</p>



## MORE LUNCH OPTIONS

**MONDAY – THURSDAY**

### Hot Possibilities:

- Crispy Chicken Breast Sandwich
- Pepperoni Pizza Ripper
- Wild Mike’s Cheese Bites
- Hot Dog or Corn Dog
- Chicken Tenders
- Mozzarella Sticks



### Cold Reliables:

- Large Salad
- Deli Sandwich
- PB&J Uncrustable
- Yogurt Parfait
- ...Or the "Daily Eats" of the Day



### **DAILY BREAKFAST SPECIALS at the Eagles Diner**

Monday	Tuesday	Wednesday	Thursday	Friday
4 Labor Day	5 Bagel & Cream Cheese or PB&J	6 Huevos Rancheros on a WG Corn Tortilla	7 French Toast Bites	8 Zucchini Muffin
11 Dutch Waffles Fruit Compote	12 WG Pancakes Fruit Compote Sausage	13 Yogurt Parfait Wheat Toast	14 Egg & Cheese Strata Wheat Toast	15 Raisin Bran Muffin
18 Breakfast Pizza	19 Ham & Egg Breakfast Sandwich	20 Apple Cinnamon Baked Oatmeal	21 Apple Texas Toast Sausage	22 Banana Muffin
25 WG Crumb Cake	26 Scrambled Eggs & Ham Wheat Toast	27 WG Apple-filled Donut	28 Breakfast Burrito	29 Pumpkin Muffin
<b>October 2</b> Pancake on a Stick	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.	<b>Prices</b> <b>K-5 - \$1.70</b> <b>Adult - \$3.00</b> <b>Milk - \$0.50</b> <b>All meals include MILK</b> <b>Extra Milk - \$0.50</b>

You may have heard that one of the biggest threats to our health today is obesity - either now or in the future.

Obesity can be a serious lifelong health issue. Even if no family members are overweight, **teach each other by example** to avoid foods that are deep-fried or high in added sugar. Save those for special occasions. *Sweet drinks (like soda) are especially harmful.* Emphasize fruits, vegetables and whole grains. Do active things for fun and limit screen time (other than schoolwork, of course.) Try new foods so you will learn to like healthy foods.

These efforts will help your entire family be healthy, both physically and mentally!