



# September 2023

## Freedom Preparatory Academy Vineyard

### K-5 Lunch Menu



<p><b>Prices</b>  <b>K-5 - \$2.90</b>  <b>Adult - \$4.10</b>  <b>Milk alone - \$0.50</b>          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>  <b>Happy Birthday, Curious George!</b>          Pizza          Marinara          Garlic Breadstick          Spinach salad          Pineapple          Banana</p>	<p><b>20</b>          Homemade Ham, Potato &amp; Bean Soup          Dinner Roll          Baby Carrots          Peaches          Fresh Fruit</p>	<p><b>21</b>          Shepherd's Pie          Tossed Salad          Farm Fresh Corn on the Cob          Dinner Roll          Mandarin Oranges          Fresh Fruit </p>	<p><b>22</b>          Toasted Cheese Sandwich          Tomato Florentine Soup          Tossed Salad          Mandarin Oranges          Fresh Fruit</p>
<p><b>25</b>          Gold Medal Mile Celebration!  <b>Walk to Canada for Paul Bunyan</b>          (He is also from the US)</p> <p>Flapjacks w/Maple Syrup          Scrambled Eggs          Hash Brown Potatoes          Celery Sticks          Applesauce          Fresh Local Peaches</p>	<p><b>26</b>          Pizza          Marinara          Cheesy Garlic Roll          Peas &amp; Carrots          Pineapple          Fresh Fruit</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>

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





Every month we will have a Gold Medal Mile lunch to celebrate the students' success walking around the world. We will incorporate the yearly theme ([Myths](#), [Legends](#), and [Folklore](#)) and "visit" different countries. We will provide a meal that is like what may be served there. If you have recipes or items from the listed countries on the menu, or would like to do a display during lunchtime about a featured country, we'd love your contribution. Please contact Dr. Dean at 801-437-3137 to make arrangements.





## September 2023 Freedom Preparatory Academy Vineyard K-5 Breakfast Menu



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 Apple Cinnamon Baked Oatmeal	20 Scrambled Eggs & Ham Wheat Toast	21 Apple Texas Toast Sausage	22 Banana Muffin
25 WG Crumb Cake	26 Ham & Egg Breakfast Sandwich	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> K-5 - <b>\$1.70</b> Adult - <b>\$3.00</b> Milk - <b>\$0.50</b> <b>All meals include MILK</b> <b>Extra Milk - \$0.50</b> 

### 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 help you teach by example healthful eating and exercise behaviors to 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.

The only out of school exercise that is counted is if the student is part of an organized sports team 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. Even if no family members are overweight, **teach children by the entire family’s example** to avoid foods that are deep-fried or high in added sugar. *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.) Encourage (don’t force) children to *try* everything on their plate so they will learn to like healthy foods.

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

