



February 2024

Freedom Preparatory Academy K-5 Lunch Menu

Provo Elementary



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Oranges, Kiwi, Pineapple, Pears, and more. We offer second helpings of vegetables & fruit!</p> <p>PLEASE, PLEASE apply for free or reduced-price lunches if you are having trouble paying for lunches! See freedomprep.net/info/child nutrition for guidance, or call Lisa LaFleur at (435) 900-1351.</p>	<p><u>Prices</u> K-5 – \$2.90 Adult - \$4.10 Extra Milk - \$0.50 Milk is included with meals.</p>	<p>Tossed Salads are offered daily except on half days. This institution is an equal opportunity provider.</p>	<p>1 Chicken Fettuccini Alfredo Garlic Bread Steamed Broccoli Pineapple Fresh Fruit</p>	<p>2 Groundhog Day!  Ham & Potato Soup Dinner Roll Roasted Sweet Potatoes Pears Fresh Fruit</p>
<p>5 Bean and Cheese Burrito Pico de Gallo Mexican Beans Spanish Rice Vegetable Medley Mixed fruit Fresh Fruit</p>	<p>6 Pizza Marinara Cheesy Garlic Roll Tossed Salad Pears Fresh Fruit</p>	<p>7 Baked Macaroni & Cheese Breadstick Celery Cucumber Salad Apricots Fresh Fruit</p>	<p>8 Turkey & Gravy over Mashed Potatoes Steamed Carrots Dinner Roll Peaches Fresh Fruit</p>	<p>9 Celebrate Chinese New Year!  Mandarin Orange Chicken Steamed Brown Rice Ramen Cabbage Salad Mandarin Oranges & Fresh Fruit Fortune Cookie</p>
<p>12 Crunchy Tacos Pico de Gallo Mexican Beans Spanish Rice Corn Mixed Fruit Fresh Fruit</p>	<p>13 Pizza Garlic Roll Marinara Dip Baby carrots & Ranch Pears Fresh Fruit</p>	<p>14 <i>Fancy Valentine Meal</i>  Chicken Cordon Bleu Rice Pilaf Steamed Broccoli w/Béchéamel Sauce Dinner Roll Peaches Fresh Fruit Cherry Chocolate Cheesecake</p>	<p>15 Pasta e Fagioli Soup Breadstick Caesar Salad Mandarin Oranges Fresh Fruit</p>	<p>16 <i>J-Dawg Style Hot Dog</i> Chili w/Beans Tater Tots Deli Salad Applesauce Fresh Fruit</p>
<p>19 </p>	<p>20 Pizza Marinara Breadstick Tossed Salad Peaches Fresh Fruit</p>	<p>21 Half Day  Chicken Tenders BBQ Beans WG Roll Vegetable Medley/Ranch Fresh Fruit</p>	<p>22 Half Day Deli Sub Sandwich Baby Carrots/Ranch SunChips Fresh Fruit</p>	<p>23 Half Day PB&J Uncrustable Broccoli Salad Scooby-Doo Grahams Fresh Fruit</p>
<p>26 BBQ Riblet Sandwich Baked Beans Green Beans Pineapple Fresh Fruit</p>	<p>27 Pizza w/ Marinara Dip Breadstick Baby carrots & Ranch Peaches Fresh Fruit</p>	<p>28 Gold Medal Mile Celebration RUSSIA  Beef Stroganoff Borscht Dinner Roll Apricots & Fresh Apples Plombir (Ice cream)  </p>	<p>29 Chicken & Cheese Quesadilla Zesty Corn and Black Bean Salsa Corn Chips Applesauce Fresh Fruit</p>	<p>March 1 Toasted Cheese Sandwich Tomato Basil Soup Tossed Salad Mandarin Oranges Fresh Fruit</p>


Russian Tale of the Firebird



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Freedom Preparatory Academy K-5 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Prices K-5 \$1.70 Adult - \$3.00 Extra Milk - \$0.50 All meals include MILK	Additional side items: milk, yogurt, cottage cheese, hard-boiled egg, string cheese, choice of fruit or juice. Fresh fruit is always offered.	All cafeteria breakfasts include an alternate entrée option of cold cereal. All grain is at least 51% whole-grain. All cereal is reduced sugar.	1 Egg & Cheese Strata Wheat Toast	2 Pumpkin Muffin
5 Ultimate Breakfast Round (Breakfast Cookie)	6 Sausage, Egg & Cheese Breakfast Sandwich	7 Peachy Baked Oatmeal	8 French Toast Sticks Fruit Compote & Sausage	9 Glazed Carrot Muffin
12 Pancake on a Stick	13 Yogurt Parfait Wheat Toast	14 Dutch Waffle Berries Sausage	15 Ham & Cheese Quiche Wheat Toast	16 Cranberry-Orange Muffin
19 	20 Cold Cereal Variety	21 Ham, Egg & Potato Breakfast Burrito	22 WG Pancakes Sausage	23 Muffin Variety
26 Apple Frudel	27 Huevos Rancheros Corn Tortilla	28 Breakfast Pizza	29 Cinni-Mini	March 1 Raisin Bran Muffin

Sitting is the New Smoking (It can be just as harmful to your health)! Get up, Stand up, and Move Frequently to be Healthy!

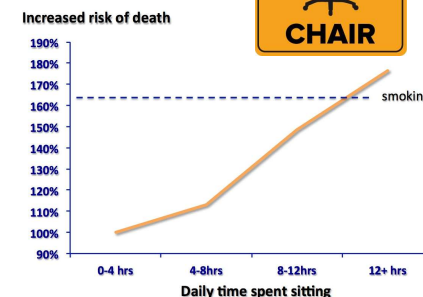
60 to 75 minutes of moderately intense physical activity a day helps counter the effects of too much sitting.

Sitting increases risk of death up to 40%

- Sitting more than 6 hours/day makes adults 40% more likely to die in the next 15 years compared with someone who sits less than 3 hours/day.
- As soon as you sit:
 - Electrical activity in the leg muscles shuts down.
 - Calorie burning drops to 1 per minute
 - Enzymes that help break down fat drop 90%
- After 2 hours...Good cholesterol drops 20%. After 24 hours...Insulin effectiveness drops 24% and risk of diabetes rises.

People with sitting jobs have twice the rate of cardiovascular disease as people with standing jobs.

See www.mayoclinic.org (Search for Edward Laskowski) for more information.



Soleus Pushups – a new way to help fight the effects of sitting.

Researcher Marc Hamilton (University of Houston) found that “soleus pushups” can increase your calorie burning ability to improve the regulation of blood glucose. The soleus muscle is a muscle in your calf. It is unique in the way it uses glucose. It is capable of raising its metabolic rate during soleus pushup contractions to easily double, even sometimes triple, the whole-body carbohydrate use. However, it doesn't replace regular exercise for increasing muscle strength, fitness and athletic performance. It is one more tool for improving health.

How to: While seated with feet flat on the floor and muscles relaxed, the heel rises while the front of the foot stays put. When the heel gets to the top of its range of motion, the foot is relaxed to come back down. Go to the website <https://stories.uh.edu/2022-soleus-pushup/index.html> and watch the video for more information. This is an exercise that can be done for hours without getting tired.

