



Freedom Preparatory Academy Secondary Lunch Menu





Monday	Tuesday	Wednesday	Thursday	Friday
Prices 6-12 – \$3.00 Adult - \$4.10 Extra Milk - \$0.50 Milk is included with meals.		January 3 Chicken Tenders Tater Tots Peas & Carrots WG Cookie Peaches Fresh Fruit	4 Chicken Caesar Wrap Baby Carrots/Ranch Mandarin Oranges Fresh Fruit	5 Spaghetti & Meat Sauce Breadstick Italian Vegetables Pears Fresh Fruit
8 Chicken Drumstick Tater tots Vegetable Medley Scooby Doo Grahams Applesauce Fresh Fruit	9 Pizza Marinara Cheesy Garlic Roll Steamed Broccoli Pineapple Fresh Fruit	10 Hamburger on a Bun Lettuce & Tomato Confetti Fries Baby Carrots/Ranch Peaches Fresh Fruit	11 Café Rio-style Sweet Pork Salad Cilantro-lime rice Black Beans Fresh Pico de Gallo Tortilla Mandarin Oranges Fresh Fruit	12 Crispy Fish Fillet on a Bun Citrus Dijon slaw Pears Fresh fruit
15 Martin Luther King Day MLK	Pizza W/marinara dip Parmesan Garlic Breadstick Steamed Carrots Tropical Mixed Fruit Fresh Fruit	17 Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Pineapple Fresh Fruit	18 Homemade Chili Combread Mixed Vegetables Peaches Fresh Fruit	19 Calzone Marinara Garlic Bread Broccoli Salad Pears Fresh Fruit
22 Chicken Fajitas w/Flour Tortilla Pico de Gallo Mexican Beans Corn Mandarin Oranges Fresh Fruit	23 Pizza W/marinara dip Garlic Roll Steamed Carrots Pears Fresh Fruit	International Meal GREECE Chicken Gyro on Flatbread Tzatziki Sauce Greek Salad Peaches Grapes Baklava Bite	25 Chicken Enchilada Soup Tortilla Chips Tossed Salad Pineapple Fresh Fruit	26 Hamburger Gravy Over Mashed Potatoes Dinner Roll Peas & Carrots Applesauce
29 Chili Cheese Fries Spinach Salad Scooby Snack Grahams Mixed Fruit Fresh Fruit	30 Pizza w/marinara dip Cheesy Garlic Roll Green Beans Pineapple Fresh Fruit	31 Pulled Pork Sandwich Apple Coleslaw BBQ Beans Applesauce Fresh Fruit	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Pineapple, Pears, and more. We offer second helpings of vegetables & fruit!	This institution is an equal opportunity provider.

Side Salads are offered daily except on entrée salad days.

Our grains are whole-grain rich.





January 2024

MORE LUNCH OPTIONS

Monday, Wednesday, Thursday and Friday

Hot Possibilities:

- -Malibu Chicken Sandwich
- -Pepperoni Pizza Ripper
- -Wild Mike's Cheese Bites
- -Hot Dog or Corn Dog
- -Chicken Tenders
- -Mozzarella Sticks
- -Chicken Drumstick

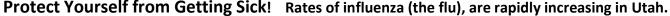
Cold Reliables:

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



Freedom Preparatory Academy Provo 6-12 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday	
Prices	Ma.	January 3	4	5	
6-12 - \$1.80		Cinni-Mini	Ham & Egg Breakfast Sandwich	Pumpkin Muffin	
Adult - \$3.00					
Extra Milk - \$0.50					
All meals include MILK					
8	9	10	11	12	
Pancake on a Stick	Scrambled Eggs W/Ham	Breakfast Pizza	WG Pancakes/Fruit Compote	Apple Streusel Muffin	
	Wheat Toast		Sausage		
15 Martin Luther King Ir.	16	17	18	19	
	Cold Cereal	French Toast Stick/ Fruit Compote	Breakfast Burrito	Blueberry Muffin	
		Sausage			
22	23	24	25	26	
WG Honey Donut	Breakfast Casserole	Apple Cinnamon Baked Oatmeal	Breakfast Stromboli	Banana Muffin	
	(Ham, Eggs, Potato)				
29	30	31	Additional side items: milk, yogurt, cottage cheese, hard-boiled egg,		
Apple Frudel	Biscuits & Country Gravy	Yogurt Parfait Wheat Toast	string cheese, choice of fruit or juice. Fresh fruit is always offered.		
			All our grains are whole-grain rich.		
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- 1 Get a flu vaccine. There are approved flu shots for everyone above 6 months of age. (CDC.gov) Talk to your doctor if you have questions.
- 2 Avoid close contact with sick individuals and avoid large crowds.
- 3 Wash your hands frequently
- **4 –Clean and disinfect surfaces** especially if there is someone sick in your household.
- **5 Avoid touching your face**. Eyes, nose and mouth are all places where the virus can easily enter your body.
- **6 Strengthen your immune system**. Get enough sleep (8-10 hours/day); Exercise regularly, Eat a balanced diet. Because several nutrients support a healthy immune system, it is wise to eat a **healthy, balanced diet**, including fruits, veggies and whole grains.
- **7 Drink a lot of water.** Water is needed for all body processes, including the immune system.

