



January 2024



Freedom Preparatory Academy Secondary Lunch Menu



Daily Special

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 W/G 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 <i>Café Rio</i> -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 	16 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 Cornbread 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	24 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.





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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

DAILY BREAKFAST SPECIALS at the Eagles Diner

Freedom Preparatory Academy Provo 6-12 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Prices 6-12 - \$1.80 Adult - \$3.00 Extra Milk - \$0.50 All meals include MILK		January 3 Cinni-Mini	4 Ham & Egg Breakfast Sandwich	5 Pumpkin Muffin
8 Pancake on a Stick	9 Scrambled Eggs W/Ham Wheat Toast	10 Breakfast Pizza	11 WG Pancakes/Fruit Compote Sausage	12 Apple Streusel Muffin
 15	16 Cold Cereal	17 French Toast Stick/ Fruit Compote Sausage	18 Breakfast Burrito	19 Blueberry Muffin
22 WG Honey Donut	23 Breakfast Casserole (Ham, Eggs, Potato)	 24 Apple Cinnamon Baked Oatmeal	25 Breakfast Stromboli	26 Banana Muffin
29 Apple Frudel	30 Biscuits & Country Gravy	31 Yogurt Parfait Wheat Toast 	Additional side items: milk, yogurt, cottage cheese, hard-boiled egg, string cheese, choice of fruit or juice. Fresh fruit is always offered. All our grains are whole-grain rich.	

Protect Yourself from Getting Sick! Rates of influenza (the flu), are rapidly increasing in Utah.

- 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.

