



# January 2024

## Freedom Preparatory Academy

### Provo K-5 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Prices</b> <b>K-5 – \$2.90</b> <b>Adult - \$4.10</b> <b>Extra Milk - \$0.50</b> <b>Milk is included with meals.</b>		<b>January 3</b> Chicken Tenders Tater Tots Peas & Carrots WG Cookie Peaches Fresh Fruit	<b>4</b> Chicken Caesar Wrap Baby Carrots/Ranch Mandarin Oranges Fresh Fruit	<b>5</b> Spaghetti & Meat Sauce Breadstick Italian Vegetables Pears Fresh Fruit
<b>8</b> Chicken Drumstick Tater tots Vegetable Medley Scooby Doo Grahams Applesauce Fresh Fruit	<b>9</b> Pizza Marinara Cheesy Garlic Roll Steamed Broccoli Pineapple Fresh Fruit	<b>10</b> Hamburger on a Bun Lettuce & Tomato Confetti Fries Baby Carrots/Ranch Peaches Fresh Fruit	<b>11</b> <i>Café Rio</i> -style Sweet Pork Salad Cilantro-lime rice Black Beans Fresh Pico de Gallo Tortilla Mandarin Oranges Fresh Fruit	<b>12</b> Crispy Fish Fillet on a Bun Citrus Dijon slaw Pears Fresh fruit
<b>15</b> <b>Martin Luther King Day</b> 	<b>16</b> Pizza w/marinara dip Parmesan Garlic Breadstick Steamed Carrots Tropical Mixed Fruit Fresh Fruit	<b>17</b> Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Pineapple Fresh Fruit	<b>18</b> Homemade Chili Cornbread Mixed Vegetables Peaches Fresh Fruit	<b>19</b> Calzone Marinara Garlic Bread Broccoli Salad Pears Fresh Fruit
<b>22</b> Chicken Fajitas w/Flour Tortilla Pico de Gallo Mexican Beans Corn Mandarin Oranges Fresh Fruit	<b>23</b> Pizza w/marinara dip Garlic Roll Steamed Carrots Pears Fresh Fruit	<b>24</b> <b>Gold Medal Mile Celebration</b> <b>GREECE</b> Chicken Gyro on Flatbread Tzatziki Sauce Greek Salad Peaches Grapes Baklava Bite  Greek Myth Arachne and Athena	<b>25</b> Chicken Enchilada Soup Tortilla Chips Tossed Salad Pineapple Fresh Fruit	<b>26</b> Hamburger Gravy Over Mashed Potatoes Dinner Roll Peas & Carrots Applesauce
<b>29</b> Chili Cheese Fries Spinach Salad Scooby Snack Grahams Mixed Fruit Fresh Fruit	<b>30</b> Pizza w/marinara dip Cheesy Garlic Roll Green Beans Pineapple Fresh Fruit	<b>31</b> Pulled Pork Sandwich Apple Coleslaw BBQ Beans Applesauce Fresh Fruit	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Pineapple, Pears, and more.  <b>We offer second helpings of vegetables &amp; fruit!</b>	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 Freedom Preparatory Academy K-5 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<b>Prices</b> K-5 \$1.70 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!

According to Utah's Department of Health and Human services, **rates of influenza (the flu), are rapidly increasing in Utah.** The rate of flu-associated hospitalizations has increased significantly during recent weeks. They expect the rates of illness and hospitalization to keep rising during the winter months.



#### What can you do to help protect yourself from illness?

- 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** especially before preparing food, eating and after using the bathroom. Frequently touched surfaces can pass the virus. That means you should wash your hands after touching doorknobs, light switches, counters, elevator buttons, etc. Have hand sanitizer available and use it when you are not able to wash your hands.
- 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.**

Do so by getting enough **sleep** – 9-12 hours /night for school children, 7 or more for adults.

**Exercise** - Try for a *minimum* of 30 min 5 x week. Kids should get about 60 minutes of active play per day.

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.

