



# January 2024

## Freedom Preparatory Academy

### St George 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>This institution is an equal opportunity provider.</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> Tomato Basil Soup Toasted Cheese Sandwich Mixed Vegetables Cinnamon Apples Fresh Fruit
<b>8</b> Pizza Marinara Cheesy Garlic Roll Steamed Broccoli Pineapple Fresh Fruit	<b>9</b> Crunchy Tacos Fresh Pico de Gallo Mexican Beans Corn Mandarin Oranges Fresh Fruit	<b>10</b> Pulled Pork Sandwich Apple Coleslaw BBQ Beans Applesauce Fresh Fruit	<b>11</b> Spaghetti & Meat Sauce Breadstick Italian Vegetables Pears Fresh Fruit	<b>12</b> Chili Cheese Fries Spinach Salad Scooby Snack Grahams Mixed Fruit Fresh Fruit
<b>15</b> <b>Martin Luther King Day</b> 	<b>16</b> Hamburger Gravy Over Mashed Potatoes Dinner Roll Peas & Carrots Pineapple	<b>17</b> Chicken Fajitas w/Flour Tortilla Pico de Gallo Mexican Beans Corn Mandarin Oranges 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> Pizza w/marinara dip Garlic Roll Steamed Carrots Pears Fresh Fruit	<b>23</b> <i>Café Rio</i> -style Sweet Pork Salad Cilantro-lime rice Black Beans Fresh Pico de Gallo Tortilla Corn Mandarin Oranges Fresh Fruit	<b>24</b> Chicken Enchilada Soup Tortilla Chips Tossed Salad Pineapple Fresh Fruit	<div>   </div> <b>26</b> <b>Gold Medal Mile Walk to ITALY</b> (for Bowser's Castle) <div>   </div> Italian Vegetable Medley Garlic Breadstick Zeppole (Italian Donut Holes) Peaches Grapes <div>   </div> Leaning Tower of Pisa, Italy <div>   </div> The Colosseum, Rome, Italy	
<b>29</b> Pizza w/marinara dip Cheesy Garlic Roll Green Beans Pineapple Fresh Fruit	<b>30</b> Hamburger on a Bun Lettuce & Tomato Confetti Fries Baby Carrots/Ranch Peaches	<b>31</b> Mozzarella Sticks Tater tots Vegetable Medley Scooby Doo Grahams 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>	

Side Salads are offered daily except on entrée salad days.

Arganoese Castle  
Ischia, Italy



The Duomo  
Florence, Italy



Rocca Maggiore  
Assisi, Italy







The Buonconsiglio Castle  
Trento, Italy





## 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 Waffles/Fruit Compote Sausage	9 Breakfast Pizza	10 Scrambled Egg Bites W/Ham Wheat Toast	11 Pancake on a stick	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	2 Cinni-Mini	26 Banana Muffin
29 Strawberry Mini-Bagels	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. The rates of illness and hospitalization are expected 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.

