



March 2024


Freedom Preparatory Academy
Secondary Menu
National Nutrition Month!!

Daily Specials



National School
Breakfast Week
Celebration!!

CHOPPED
Week!

Monday	Tuesday	Wednesday	Thursday	Friday
Prices 6-12 - \$3.00 Adult - \$4.10 Extra Milk - \$0.50 Milk is included in the price of meals.	Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Pineapple, Pears, Plums and more.	Side Salads are offered daily except on entrée salad days. We offer second helpings of vegetables & fruit!		1 Toasted Cheese Sandwich Tomato Basil Soup Tossed Salad Mandarin Oranges Fresh Fruit
4 Homemade Chili Cornbread Tossed Salad Pears Fresh Fruit	5 Pizza Marinara dip Parmesan Garlic Roll Three-Bean Salad Pineapple Fresh Fruit	6 Chicken Divan Steamed Brown Rice Dinner Roll Peaches Fresh Fruit	7 Dr. Seuss Day Green Eggs* & Ham Wheat Toast Hash Brown Potatoes Celery Cucumber Salad Orange Juice Fresh Fruit	8 Professional Development Day No School
11 Orange Chicken Stir-fry Vegetables Steamed Brown Rice Pineapple Fresh Fruit	12 Pizza Marinara dip Breadstick Steamed Carrots Pears Fresh Fruit	13 Nachos Pico de Gallo Bean Dip Spanish Rice Corn Peaches Fresh Fruit	14 Pi Day! (3.14 = π) Shepherd's Pi Dinner Roll Tossed Salad Mandarin Oranges Fresh Fruit	15 Fish Tacos Coleslaw Cilantro Lime Rice Mixed Tropical Fruit Fresh Fruit
18 Sloppy Joe Coleslaw Confetti Fries Peaches Fresh Fruit	19 Pizza w/marinara dip Parmesan Garlic Roll Mixed Vegetables Mandarin Oranges Fresh Fruit	20 Chicken Caesar Wrap California Blend Vegetables Applesauce Fresh Fruit	21 Hawaiian Haystacks (Steamed brown rice, Chicken in Gravy) Topping Choices: Chopped Celery, Chow Mein Noodles, Coconut, Cheese, Green Onions, Peas, Pineapple Fresh Fruit	22 Meatball Sandwich Roasted Vegetables SunChips Pears Fresh Fruit
25 Corn Dog BBQ Beans Tater Tots Mixed Fruit Fresh Fruit	26 Pizza w/ marinara dip Vegetable Medley Garlic Roll Pears Fresh Fruit	27 International Menu - JAPAN! Chicken Yakisoba (stir fry w/noodles) Fried Rice Mandarin Oranges Fresh Fruit	28 Hamburger Gravy Mashed Potatoes Dinner Roll Steamed Carrots Applesauce Fresh Fruit	29 BBQ Turkey Sandwich Deli Veggie Salad Cinnamon Goldfish Cracker Apricots Fresh Fruit

*Eggs are tinted green with blended spinach.



Surf's Up with School Breakfast!



Did you know children who eat breakfast are more likely to...

- * Attain higher levels of achievement in subjects such as reading and math
- * Exhibit improved concentration, alertness, comprehension and memory
- * Improve their classroom behavior

- * Achieve higher scores on standardized tests
- * Have reduced absenteeism and tardiness
- * Maintain a healthy weight



MORE LUNCH OPTIONS

MONDAY – THURSDAY

Hot Possibilities:



- Hamburger on a bun
- Crispy Chicken Breast Sandwich
- Pepperoni Pizza Ripper
- Wild Mike's Cheese Bites
- Hot Dog or Corn Dog
- Chicken Tenders
- Mozzarella Sticks



Cold Reliables:

- Large Salad
- Deli Sandwich
- Yogurt Parfait
- PB&J Uncrustable



...Or the "Daily Eats" of the Day



**DAILY BREAKFAST SPECIALS at the
Eagles Diner**



Monday	Tuesday	Wednesday	Thursday	Friday
All meals include milk and fruit. Additional items offered: HB egg, Cottage cheese, yogurt & string cheese	<u>Prices</u> 6-12 - \$1.80 Adult - \$3.00 Extra Milk - \$0.50 All meals include MILK		This institution is an equal opportunity provider.	1 Raisin Bran Muffin
4 Ultimate Breakfast Round (WG Breakfast Cookie)	5 Breakfast Quiche Wheat Toast	6 Sausage & Egg Breakfast Sandwich	7 Yogurt Muffin Squares	8 Professional Day No School
11 Pancake on a Stick	12 Tropical Fruit Yogurt Parfait Wheat Toast	13 Waffles w/Mango Compote Sausage	14 Spam & Eggs Toasted English Muffin	15 Banana Muffin
18 Lucky Charms Cereal (Reduced Sugar)	19 Breakfast Pizza	20 Apple Cinnamon Baked Oatmeal	21 Breakfast Burrito	22 Apple Streusel Muffin
25 Bagel w/Cream Cheese or Peanut Butter & Jelly	26 Breakfast Casserole Wheat Toast	27 French Toast Sticks w/ Fruit Compote & Sausage	28 Country Ham Hash	29 Glazed Carrot Muffin

March is National Nutrition Month!

Here are some ideas for things to try with your family during National Nutrition Month

1. Using MyPlate as a guide, try planning and preparing a meal for your family. Plan to eat more meals together.
2. If you watch TV, take breaks during commercials to be physically active.
3. Practice mindful eating by limiting screentime at mealtime — including phones, computers, TV and other devices.
4. Bring out the flavors of food by trying new herbs, spices or citrus fruit such as lemon or lime
5. As a family, commit to trying a new fruit or vegetable each week during National Nutrition Month®.
6. Try more meatless meals — choices like beans and lentils are healthful, inexpensive and versatile plant-based protein sources that work in a variety of dishes.
7. Search for ways to minimize food waste — such as composting or planning menus using available food in your fridge.
8. Go to MyPlate.gov and EatRight.org for lots of great information!



Eat a Rainbow of Colors
For Good Health!