

April 2024
Freedom Preparatory Academy
St George Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
1 No School	2 Meatball Sub Sandwich Mixed Vegetables Peaches Fresh Fruit	3 Orange Chicken Stir-fry Vegetables Steamed Brown Rice Pineapple Fresh Fruit	4 Shepherd's Pie Dinner Roll Tossed Salad Mandarin Oranges Fresh Fruit	5 Fish Tacos Citrus Coleslaw Cilantro Lime Rice Mixed Tropical Fruit Fresh Fruit
8 Pizza w/marinara dip Garlic Roll Steamed Broccoli Pears Fresh Fruit	9 Bean & Cheese Burrito Salsa Spanish Rice Corn Mandarin Oranges Fresh Fruit	10 Hamburger on a Bun Lettuce, Tomatoes & Cucumbers Baby Carrots/ranch BBQ Beans Apricots Fresh Fruit	11 Roast Turkey, Mashed Potatoes and Gravy Peas Dinner Roll Peaches Fresh Fruit	12 WG Mozzarella Sticks Marinara Dip Marinated Deli Salad Pears Fresh Fruit Tiger Bites Grahams
15 Pizza w/marinara dip Parmesan Garlic Roll Green Beans Pears Fresh Fruit	16 Tacos Bean & Corn Salsa Spanish Rice Mixed Fruit Fresh Fruit	17 Malibu Chicken Sandwich Confetti Fries Celery Cucumber Salad Peaches Fresh Fruit	18 Lasagna Breadstick Steamed Italian Vegetables Applesauce Fresh Fruit	19 Half Day Deli Sub Sandwich Baby Carrots/Ranch Sunchips Mandarin Oranges Fresh Fruit
22 Pizza w/marinara dip Mixed Vegetables Garlic Roll Pears Fresh Fruit	23 Cheese Quesadilla Zesty Black Beans Pico de Gallo Corn Applesauce Fresh Fruit	24 BBQ Riblet Sandwich Baked Beans Broccoli Salad Peaches Fresh Fruit	25  Gold Medal Mile Walk to Dolphin Island, FIJI (For Dolphin Shoals) Lovo-style Shredded Pork Coconut Rice Island Root Vegetables Tropical Fruit Cocktai Banana Coconut Bun   	26 Chicken Tenders Confetti Fries Carrots/Ranch Pineapple Fresh Fruit
29 Pizza w/marinara dip Steamed Carrots Garlic Roll Peaches Fresh Fruit	30 Korean BBQ Chicken Legs Fried Rice Stir-fried Vegetables Mandarin Oranges Fresh Fruit	We offer second helpings of vegetables & fruit. Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Pineapple, Pears, and more. Tossed Side Salad offered daily		<u>Prices</u> K-5 – \$2.90 Adult - \$4.10 Extra Milk - \$0.50 Milk is included in the price of meals.

The best way to build a healthful eating plan with plenty of antioxidants is to eat well-balanced meals and snacks each day and to enjoy a wide variety of foods. For most children and adults, eating at least 2 cups of fruits and 2½ to 3 cups of vegetables daily is a good start for healthful living.





April 2024



Freedom Preparatory Academy St George K-5 Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
1	2 WG Cereal	3 Breakfast Burrito	4 Apple Frudel	5 Lemon Blueberry Muffin
8 UBR (Ultimate Breakfast Round)	9 Pancakes Compote	10 Egg & Sausage Muffin Sandwich	11 Apple-Cinnamon Baked Oatmeal	12 Blueberry Oat Bars
15 Bagel & Cream Cheese or PB&J	16 Dutch Waffles with Berry Compote	17 Scrambled Eggs w/sausage Wheat Toast	18 Berry & Yogurt Parfait Granola Wheat Toast	19 Banana Muffin
22 WG Cereal	23 Breakfast on a Stick	24 Ham, Egg & Potato Breakfast Burrito	25 Biscuits and Sausage Gravy	26 Pumpkin Muffin
29 Cinni-Mini	30 Breakfast Pizza	All meals include milk and fruit. Additional items offered: HB egg, Cottage cheese, yogurt & string cheese.	This institution is an equal opportunity provider.	<u>Prices</u> K-5 - \$1.70 Adult - \$3.00 Extra Milk - \$0.50 All meals include MILK

Antioxidants Protect Healthy Cells

- The process of oxidation in the human body produces unstable chemicals called free radicals, which damage cell membranes and DNA.
- Free radicals have been linked to a variety of diseases (including heart disease, certain cancers, vision and aging problems). They are produced from exposure to things such as UV rays from the sun, pollution, and smoking.
- Antioxidants are compounds in foods that neutralize free radicals and help protect healthy cells from damage.
- Antioxidant supplements do not appear to work as well as the naturally occurring antioxidants in foods such as fruits and vegetables.

Sources of Antioxidants

It's good to get a variety of antioxidants from different sources. Some of the best sources of antioxidants are deep-colored fruits and vegetables including:

Sweet potatoes, spinach and other dark leafy green vegetables, carrots, pumpkin, tomatoes, winter squash, broccoli, grapes, berries, eggplant, pomegranate, cherries, mangoes, apricots, watermelon, and peppers.

Other foods with different kinds of antioxidants or that are major sources of nutrients that are used to make antioxidants include:

Brussels sprouts, leeks, onions, garlic, turmeric, ginger, pepper, nuts, seeds, citrus fruits, apples, cabbage, cauliflower, legumes (such as lentils, beans & dried peas), corn, bananas, pineapple, whole grains, kiwi, avocados, seafood, lean dairy, lean meat, *dark* chocolate, Brazil nuts, and more.

