



# May 2024



## Freedom Preparatory Academy Secondary Lunch Menu

# Daily Specials



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>Prices</b> K-5 - \$3.00 Adult - \$4.10 Extra Milk - \$0.50 Milk is included in the price of meals.</p>	<p>Fresh Fruits offered this month: Grapes, Apples, Oranges, Bananas, Blueberries, Strawberries, and more.</p> <p>We offer second helpings of vegetables &amp; fruit Tossed side salad offered daily</p>	<p>1 Pulled Pork Sandwich Apple Coleslaw Tater tots Applesauce Fresh Fruit</p>	<p>2 Chili Cornbread Mixed Veggies Pineapple Fresh Fruit</p>	<p>3  Tatooine Tortellini/Marinara Boba Fett Breadstick Lightsaber Carrots and Celery Padmé Pears Fresh Fruit</p>
<p>6 <b>Cinco de Mayo Celebration</b> Super Nachos Spanish Rice Fresh Pico de Gallo Bean Dip Corn Tropical Fruit Cocktail Fresh Fruit Mini Churro</p> 	<p>7 Pizza w/marinara dip Cheesy Garlic Roll Broccoli Salad Pears Fresh Fruit</p>	<p>8 Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Mandarin Oranges Fresh Fruit</p> 	<p>9 Spaghetti w/ Meat Sauce Dinner Roll Celery Cucumber Salad Peaches Fresh Fruit</p>	<p>10 <b>SCHOOL LUNCH SUPERHERO DAY</b>  Nun chuck Corn dog Brave BBQ Beans X-ray Vision Carrots Mutant Bug Bites Disappearing Diced Fruit Wonderful Watermelon Fabulous Frozen Creamie</p>
<p>13 Tacos Pico de Gallo Zesty Black Beans Corn Mixed Fruit Fresh Fruit</p>	<p>14 Pizza w/marinara dip Cheesy Garlic Roll Green Beans Pears Fresh Fruit</p>	<p>15 Chicken Drumstick Mashed Potatoes Coleslaw Pineapple Fresh Fruit</p> 	<p>16 Chef's Choice Roasted Vegetables Applesauce Fresh Fruit</p>	<p>17 Chef's Choice Baby Carrots Peaches Fresh Fruit</p>
<p>20 Chef's Choice Peas &amp; Carrots Apricots Fresh Fruit</p>	<p>21 Pizza w/marinara dip Breadstick Three Bean Salad Pineapple Fresh Fruit</p>	<p>22 Delicious Chef's Choice Vegetable Medley Fruit Slush Fresh Fruit</p>	<p>23 <b>Last Day of School!!</b> ½ Day Peanut Butter &amp; Jelly Uncrustable Scooby Snack Grahams Baby Carrots/Ranch Fruit</p> 	<p> <b>Have a great summer!</b></p>

May the 4<sup>th</sup> be with you!





May 2024

### MORE LUNCH OPTIONS

Monday, Wednesday, Thursday & Friday



#### Hot Possibilities that may be offered:

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






#### Cold Reliables:

- Large Salad
- Deli Sandwich
- Yogurt Parfait
- PB&J Uncrustable
- ...Or the "Daily Eats" of the Day



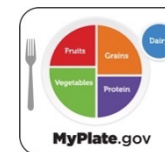
### Freedom Preparatory Academy Secondary Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Prices</b> K-5 - \$1.80 Adult - \$3.00 Extra Milk - \$0.50 All meals include MILK 	All meals include milk and fruit. An alternate entrée of cold cereal is available on request. Additional items offered: HB egg, Cottage cheese, yogurt & string cheese.	1 UBR Breakfast Cookie	2 WG Cereal 	3 <b>May the 4<sup>th</sup> be with You</b>  Wookie Waffles w/fruit compote Sausage
6 WG Breakfast on a Stick	7 French Toast Sticks	8 Peachy Oatmeal	9 Scrambled Eggs w/ Ham Whole wheat toast	10 Carrot muffin
13 Breakfast Pizza	14 Breakfast Parfait	15 Breakfast Sandwich	16 Chef's Choice	17 Chef's Choice
20 Chef's Choice	21 Chef's Choice	22 Chef's Choice	23 Chef's Choice	This institution is an equal opportunity provider.

### Take Care of Yourself this Summer!



- 1 – **Plant a garden.**
- 2 – **Drink plenty of water.** Be sure urine is mostly clear
- 3 – **Use sunblock** to prevent skin damage and increased risk for developing skin cancer.
- 4 – **Focus on fresh fruits and vegetables.**
- 5 – **Exercise your mind** – Read and learn a new skill.
- 6 – **Be active!**
- 7 – **Get enough sleep.** (9-12 hours for school age children, 8-10 for teens.)



Freedom Prep will not participate in the **Summer Meals Program** this year. Go to <https://www.fns.usda.gov/meals4kids> for more information and for a link to an interactive site finder map. Also, Utahans Against Hunger usually updates the list of the schools participating by school district. Go to <https://www.uah.org/get-help/summer-food-program> so you can find the nearest participating schools. This program is for all children 18 years old and younger regardless of financial status. You do not have to attend a certain school to get meals there.