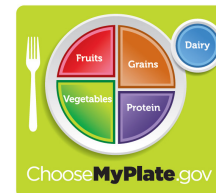







August 2011 Freedom Academy Lunch Menu



Welcome Back!

In the future, menus will be posted on our website (www.pfa.cc).

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Milk - \$0.25 Milk is included in the price of meals.</p> 	<p>We offer second helpings of vegetables & fruit!</p>	<p>17 BBQ Turkey on a Wheat Bun Baked Beans Vegetable Medley Fresh Fruit, Icy Fruit Cup</p>	<p>18 Baked Potato Bar w/ Chili, Cheese, Salsa, & Diced Ham Broccoli, Mixed Greens w/ Ranch Dressing Dinner Roll Fresh Fruit, Applesauce</p>	<p>19 Tacos Mexican Beans, Corn Green Salad/Ranch Fresh Fruit, Peaches</p>
<p>22 Teriyaki Chicken Bowl Stir-fry Veggies Steamed Brown Rice Fresh Fruit, Pineapple</p>	<p>23 Nachos with <i>Baked Tostitos</i> Bean Dip, Salsa Spanish Rice Carrots & Celery Fresh Fruit, Peaches</p>	<p>24 Hamburger on a Wheat Bun Lettuce, tomato, Onions & Cucumbers Cole Slaw Fresh Fruit, Pears</p>	<p>25 Chef's Salad with Deli Turkey, Ham, Cheese, Hard Boiled Egg Peas, Kidney Beans Cheesy Garlic Roll Mandarin Oranges & Fresh Fruit</p>	<p>26 Pizza Cheesy Garlic Roll Marinara Carrots Fresh Fruit, Applesauce</p>
<p>29 Chicken Wing Dings* Seasoned Potato Wedges Dinner Roll Green Beans Fresh Fruit, Apricots</p>	<p>30 Tostada Salsa LF sour cream Tossed Salad/Ranch Mexican Beans Fresh Fruit, Applesauce</p>	<p>31 Deli Sub Sandwich Lettuce, tomato Baked Beans Vegetable Medley Fresh Fruit Icy Fruit Cup</p>	<p>Sept. 1 Chicken Caesar Wrap Celery & Cucumber Salad Baked Chips Fresh Fruit, Peaches</p>	<p>Sept. 2 Pizza Cheesy Garlic Roll Marinara Carrots Fresh Fruit, Mandarin Oranges</p>
<p>Due to seasonal availability, we are not able to predict when we will be able to purchase certain types of fruit. Be assured that there will be a good variety of fresh fruit this time of year! Fresh Fruits offered: Grapes, Apples, Oranges, Bananas, Cantaloupe, Honeydew, Watermelon, Pears, Peaches, Kiwi</p>  			<p>This institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call (202) 720-596</p>	

*Wing Dings are a very lightly breaded whole white meat chicken tender.

Please apply for free or reduced-price meals if there is a chance you could qualify (see income chart on the application). You must reapply each year even if you qualified last year.


Your participation in the free or reduced price meals program brings more federal money to our school and frees up resources to help everyone. Don't be shy....apply!

If you have questions about applications contact Astrid Asay or Julie Glasgow (801) 437-3129.

For questions about nutrition, wellness, the menu, special diets, allergies, etc., contact April Dean, Ph.D., R.D., Child Nutrition Director (801) 437-3137.

August 2011 Freedom Academy Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
Prices K-6 - \$1.25 7-8 - \$1.35 Adult - \$1.50 Milk - \$0.25	All meals include MILK	17 Whole Grain Pop Tarts	18 Scrambled Eggs w/ Ham Wheat Toast	19 Pumpkin Muffin
22 WG Pancakes Turkey Sausage		23 Baked Oatmeal	24 Cold Cereal Or Ultimate Breakfast Round (UBR)	25 Berry & Yogurt Parfait Granola Hard Boiled Egg Wheat Toast
29 French Toast Berry Compote	30 Oatmeal Fruit	31 Cold Cereal Or UBR	Sept. 1 WG Pancake on a stick Scrambled egg	Sept. 2 Raisin Bran Muffin 
All breakfasts include options for milk, yogurt, cottage cheese, choice of fruit, and choice of fruit juice (Juice is orange juice or a 100% juice cranberry blend for Vitamin C and other antioxidants) Fresh fruit is always offered.				

Only Freedom Academy and two other districts (Park City and Washington) in the state have achieved the USDA HealthierUS School Challenge! We are the only charter school in Utah that has received this award.

At Freedom Academy, we strive to meet the current U.S. Dietary Guidelines for Americans. The lunchroom provides a great opportunity for children to learn to apply the things they learn about nutrition. We use whole grain and low fat versions of favorite foods and provide a variety so children can enjoy many different types of foods while getting the nutrients they need.

The best way for children to learn to like good foods is to be exposed to them frequently and to try them. We want to reinforce your efforts at home as you try to teach your children good habits. YOU have the greatest influence on their behaviors. Example is a great teacher!

The Utah State Child Nutrition Agency uses our program as a model for others throughout the state. We encourage you to take advantage of this great opportunity for top-quality, tasty school lunches!!

Dr Dean will be happy to answer any questions concerning nutrition, wellness, school meals or the Wellness Policy. (Dr. Dean is a registered dietitian. She has degrees in Medical Dietetics, Human Nutrition, and a Ph.D. in Nutritional Sciences as well as minors in Chemistry, and Exercise and Sports Sciences. She is a part time professor of Nutritional Sciences at BYU.)

In addition to healthy meals, we are committed to promoting overall health and fitness. We have in-class fitness breaks to promote learning and health, and we participate in the Utah Gold Medal Schools Program as a Platinum School.

