






Freedom Academy Lunch Menu December 2011





Monday	Tuesday	Wednesday	Thursday	Friday
<p>MILK is included with every meal.</p>  <p>Extra Milk - \$0.25</p>	<p style="text-align: center;"><u>Prices</u></p> <p>K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60</p>		<p style="text-align: center;">1</p> <p>Menu by 3A & 6A CTE Classes</p> <p>Hamburger Steak Mashed Potatoes & Gravy California Blend Vegetables WW Dinner roll Fruit Cocktail, Apples</p>	<p style="text-align: center;">2</p> <p>Menu by 3A CTE Class</p> <p>Crispy Chicken Sandwich on a WW Bun Celery w/peanut butter Pork & Beans Kiwi Ice Cream</p>
<p style="text-align: center;">5</p> <p>Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit</p>	<p style="text-align: center;">6</p> <p>Menu by 2A CTE Class</p> <p>Chicken & Veggie Wrap w/choice of dressing Pasta Salad Berry Cup, Apples or Mandarin Oranges</p>	<p style="text-align: center;">7</p> <p>Menu by 6A CTE Class</p> <p>Chicken Alfredo Sauce over Toast Celery Cucumber Salad Fruit Cocktail or Fresh Fruit</p>	<p style="text-align: center;">8</p> <p>Menu by 3A CTE Class</p> <p>Hamburger or Cheeseburger on a WW Bun Lettuce & Tomato Ranch Beans Carrots Peaches or Fresh Fruit</p>	<p style="text-align: center;">9</p> <p>Gold Medal Schools Walk to Morocco Celebration!</p> 
<p style="text-align: center;">12</p> <p>Pizza or PB&J Cheesy Garlic Roll Marinara Celery Cucumber Salad Mandarin Oranges or Fresh Fruit</p>	<p style="text-align: center;">13</p> <p>Menu by 3A CTE Class</p> <p>3-cheese Ravioli w/Marinara Italian Vegetables WW Garlic Bread Fruit Salad or Fresh Fruit</p>	<p style="text-align: center;">14</p> <p>Menu by 2A CTE Class</p> <p>Creamy Potato Soup Tossed Salad Dinner Roll Fruit Cup or Fresh Fruit</p>	<p style="text-align: center;">15</p> <p>Holiday Lunch</p> <p>Holiday Ham Cheesy Potatoes Dinner Roll Mashed Sweet Potatoes Mandarin Oranges or Fresh Fruit Holiday Dessert</p> 	<p style="text-align: center;">16</p> <p>(1/2 Day)</p> <p>Menu by 6A CTE Class</p> <p>Chicken Wing Dings Carrots/Ranch Tater Tots/Ketchup Graham Snacks Apple or Banana</p>



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<p style="text-align: center;">2</p> 	<p style="text-align: center;">3</p> <p>Menu by 6A CTE Class</p> <p>Chicken & Cheese Quesadilla Tossed Salad w/ranch Zesty Black Beans Applesauce or Grapes</p>	<p style="text-align: center;">4</p> <p>Menu by 3A CTE Class</p> <p>BBQ Pork French Bread Spinach Apple Juice or Fresh Fruit Ice Cream w/peaches</p>	<p style="text-align: center;">5</p> <p>Menu by 6A CTE Class</p> <p>Chicken Salad on a Roll Pork & Beans Carrots Mandarin Oranges or Fresh Fruit</p>	<p style="text-align: center;">6</p> <p>Corn Dog Confetti Fries Corn Peaches or Fresh Fruit</p>
<p style="text-align: center;">9</p> <p>Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Pineapple or Fresh Fruit</p>	<p style="text-align: center;">10</p> <p>Menu by 6A CTE Class</p> <p>Grilled Chicken Sandwich on WW Bun Lettuce, Tomatoes & Carrots Choice of Dressing Peaches or Grape, Pineapple and Mango Salad</p>	<p style="text-align: center;">11</p> <p>Menu by 3A CTE Class</p> <p>Turkey & Gravy over Mashed Potatoes California Blend Vegetables Fruit Salad</p>	<p style="text-align: center;">12</p> <p>Gold Medal Schools Walk to France Celebration!</p> 	<p style="text-align: center;">13</p> <p>Toasted Cheese Sandwich Tomato Soup Pasta Salad Mixed Fruit or Fresh Fruit</p>
<p style="text-align: center;">16</p> <p>No School</p>	<p style="text-align: center;">17</p> <p>Menu by 7A CTE Class</p> <p>Chicken Noodle Soup Dinner Roll Carrots Grapes or Oranges Gelatin w/strawberries & Whipped Cream</p>	<p style="text-align: center;">18</p> <p>Menu by 7A CTE Class</p> <p>Pork Roast Mashed Potatoes Green Beans Dinner Roll Peaches or Apples Fruit Cup</p>	<p>Check for the entire menu in January</p>	<p>Fresh Fruits offered: Grapes, Apples, Oranges, Bananas, Pears, Peaches, Kiwi, Cantaloupe, & Honeydew</p>



Breakfast Menu December 2011



Monday	Tuesday	Wednesday	Thursday	Friday
			1 Yogurt & Berry Parfait Wheat Toast	2 Blueberry Orange Muffins
5 Pancakes Fruit Compote Turkey Sausage	6 Oatmeal	7 Cold Cereal or UBR	8 Ham & Eggs Wheat Toast	9 Pumpkin Muffins
12 WG Waffles Syrup & Applesauce Turkey Sausage	13 Baked Oatmeal	14 Cold Cereal or UBR	15 Egg, Ham & Cheese Muffin	16 Banana Muffins



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2 No School	3 Baked Oatmeal	4 Cold Cereal or UBR	5 Breakfast Burrito	6 Raisin Bran Muffins
9 French Toast Fruit Compote	10 Oatmeal	11 Cold Cereal or UBR	12 Breakfast Quiche Wheat Toast	13 Carrot Muffins
16 No School	17 Baked Oatmeal	18 Cold Cereal or UBR	TBA	TBA

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.

Prices
K-6 - \$1.25
7-8 - \$1.35
Adult - \$1.50
Extra Milk - \$0.25

This institution is an equal opportunity provider.





Healthier Holiday Recipes

Take the challenge to avoid holiday weight gain!

Cut the fat, minimize the sweets.

Find creative ways to use vegetables, fruit and whole grains.

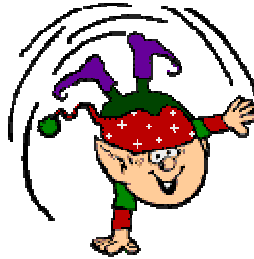
Remember: a little tastes just as good as a lot.

Eat smaller portions and eat slowly. Enjoy your very favorite holiday foods! Don't give in to treats that are not that appealing.

Pie Crust

Ingredients:

- 3/4 cup quick cooking oats
- 3/4 cup all-purpose flour
- 1/4 cup shredded coconut
- 1/4 cup vegetable oil
- 2 Tbsp ice water



Directions:

1. Preheat oven to 425 degrees F (220 degrees C).
2. In a medium bowl, mix together oats, flour, and coconut. Stir in oil and water. Press dough into a 9 inch pie pan.
3. Bake in preheated oven for 12 minutes, until lightly browned.

Potatoes



Ingredients:

- | | |
|-------------------------------------|----------------------------|
| ▪ 10 potatoes, peeled | 1 cup nonfat sour cream |
| ▪ 2 1/2 cups non-fat cottage cheese | 1 tablespoon minced onion |
| ▪ 1 teaspoon salt | 1/2 teaspoon garlic powder |
| ▪ 1 pinch ground black pepper | 1 pinch cayenne pepper |

Directions:

1. Place potatoes in a large pot. Cover with water and bring to a boil. Cook until tender, then drain. When potatoes are cool enough to handle, shred them.
2. Preheat oven to 350 degrees F (175 degrees C). Grease an 8x8 inch baking dish.
3. In a medium-size mixing bowl, combine potatoes, sour cream, cottage cheese, onion, salt, pepper, and cayenne pepper. Transfer the mixture to the greased baking dish.
4. Bake at 350 degrees F (175 degrees C) for 20 minutes.

Pennsylvania Baked Oatmeal - One of our favorite school breakfasts!

Mix the night before then store in refrigerator:

4 cups milk	4 whole eggs
2 cups oatmeal, old fashioned	1 Tbsp baking powder
$\frac{1}{4}$ tsp nutmeg	$\frac{1}{4}$ to $\frac{1}{2}$ cup canola oil
1 cup brown sugar	$\frac{1}{2}$ tsp salt
1 tsp cinnamon	$\frac{1}{2}$ cup pecans (optional)
$\frac{1}{2}$ - 1 cup dried, fresh, or canned fruit (such as apple, peaches, raisins, craisins, dried apples, apple slices, etc.)	



Pour into buttered 9x13 pan. Bake at 350 degrees for 45 minutes.

Confetti Cheese Quiche - another school favorite!

Crust:

$\frac{2}{3}$ cup flour	$\frac{1}{2}$ tsp salt
$1 \frac{1}{2}$ Tbsp Butter	$1 \frac{1}{2}$ Tbsp extra light olive oil
$2 \frac{1}{2}$ - 3 oz low fat cottage cheese	



Combine all the above for crust. Do not over-mix. Press into pan.

Filling:

3 eggs	$\frac{1}{4}$ cup chopped onions
1 cup Milk	$\frac{1}{4}$ tsp salt
$\frac{1}{8}$ tsp pepper	$1 \frac{1}{2}$ oz diced ham

Put it together:

$\frac{2}{3}$ cup spinach and/or other chopped vegetables such as carrots, celery, broccoli, etc.
1 cup reduced fat cheese of your choice (cheddar, jack, mozzarella, etc. or a blend)

In the crust, layer $\frac{1}{2}$ cup cheese, the vegetables, the filling, then top with another $\frac{1}{2}$ cup cheese.

Bake at 325 degrees F for 45-50 minutes. Serves 4.