


# Freedom Academy Lunch Menu January 2012



Monday	Tuesday	Wednesday	Thursday	Friday
<b>16</b>  Martin Luther King Jr. Day No School	<b>17</b> <b>Fresh Fruits offered            this month: Grapes,            Apples, Oranges,            Bananas, Kiwi,            Cantaloupe, &amp;            Honeydew</b>	<b>18</b> <b>Menu by 7A CTE Class</b> Pork Roast Mashed Potatoes Green Beans Dinner Roll Peaches or Apples Fruit Cup	<b>19</b> Baked Potato Bar w/Chili, Cheese, Steamed Broccoli & Diced Ham LF Sour Cream Green Salad w/ Ranch Mandarin Oranges or Fresh Fruit Cinnamon Bun	<b>20</b> Chili Rice Dinner Cornbread Spinach Salad Mixed Fruit or Fresh Fruit
<b>23</b> Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Ranch or Italian Pears or Fresh Fruit	<b>24</b> Sloppy Joe Potato Wedges Ranch Beans Celery Cucumber Salad Peaches or Fresh Fruit	<b>25</b> Teriyaki Chicken & Vegetables Steamed Brown Rice Mandarin Oranges or Fresh Fruit	<b>26</b> Crunchy Tacos Salsa Mexican Beans Spanish Rice Tossed Salad/Ranch Applesauce or Fresh Fruit	<b>27</b> <b>Walk to Germany            Celebration!</b> Weiner Schnitzel (Hot Dog) & Sauerkraut German Potato Salad Vegetables Fruit German Dessert
<b>30</b> Pizza Cheesy Garlic Roll Marinara 3-Bean Salad Pineapple or Fresh Fruit	<b>31</b> Hamburger on a WW Bun Baked Fries Coleslaw Peaches or Fresh Fruit	<b>Feb 1</b> Grilled Chicken Caesar Salad w/croutons Garlic Roll Mandarin Oranges or Fresh Fruit WG Oatmeal Cookie	<b>Feb 2</b> <b>Groundhog Day</b> "Underground Soup" (Creamy Potato & Carrot Soup) Dinner Roll Underground Vegetable (Beets) Fruit Salad or Fresh Fruit	<b>Feb 3</b> Nachos w/ Baked Tostitos Bean Dip Salsa Spanish Rice Carrots & Celery Frozen Peach Cup or Fresh Fruit
<b>Feb 6</b> Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Ranch or Italian Applesauce or Fresh Fruit	<b>Feb 7</b> Deli Sub Sandwich Lettuce, Tomato, Onion Baked Beans Baked Chips Broccoli Salad Mixed Fruit or Fresh Fruit	<b>Feb 8</b> Chicken Enchilada Soup Baked Tostitos Cowboy Salsa Vegetable Medley Pineapple or Fruit	<b>Feb 9</b> Lasagna Italian Vegetables Garlic Bread Pears or Fresh Fruit	<b>Feb 10</b> Chicken Fajitas Fajita Vegetables Mexican Beans Tossed Salad Spanish Rice Applesauce or Fresh Fruit

**Prices:** K-6 - \$2.25; 7-8 - \$2.50; Adult - \$2.60; Milk - \$0.25 MILK is included with every meal.  
 This institution is an equal opportunity provider.

### Nutrition Tip:

**Children and teens who have family meals:**  
 eat better,  
 feel better about themselves,  
 get along better with other people,  
 do better in school.

**They are less likely to:**  
 gain too much weight,  
 abuse drugs,  
 smoke,  
 have risky premarital behaviors



**Family meals have more to do with raising healthy, happy children than:**  
 family income, whether the child has one or two parents living in the home, after-school activities, and tutors.



## Freedom Academy Breakfast Menu January 2012

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>16</b> Martin Luther King Jr. Day	<b>17</b> Baked Oatmeal	<b>18</b> Cold cereal or UBR	<b>19</b> Breakfast on a stick Scrambled egg	<b>20</b> Pumpkin Muffins
<b>24</b> Waffle Stix Fruit Compote Turkey Sausage	<b>25</b> Oatmeal	<b>26</b> Cold cereal or UBR	<b>27</b> Egg, Ham & Cheese on an English Muffin	<b>28</b> Blueberry- Orange Muffins
<b>31</b> French Toast Berry Compote	<b>Feb 1</b> Baked Oatmeal	<b>Feb 2</b> Cold cereal or UBR	<b>Feb 3</b> Scrambled Eggs Turkey Sausage Wheat Toast	<b>Feb 4</b> Raisin Bran Muffins
All breakfasts include options for <b>milk, yogurt, cottage cheese, choice of fruit, and            choice of fruit juice</b> (Juice is orange juice or a 100% juice cranberry blend for Vitamin C and other antioxidants) Fresh fruit is always offered.			<b>Prices</b> <b>K-6 - \$1.25</b> <b>7-8 - \$1.35</b> <b>Adult - \$1.50</b> <b>Extra Milk - \$0.25</b>	All meals include milk

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