





Freedom Academy Lunch Menu November 2011



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Hot Dog on a WW Bun Chili Potato Wedges Carrots/Ranch Mixed Fruit or Fresh Fruit	2 Italian Spaghetti Garlic Bread Tossed Salad Pears or Fresh Fruit	3 Chicken w/gravy over Rice Dinner Roll Mixed Vegetables Applesauce or Fresh Fruit	4 Sloppy Joe Ranch Beans Celery Cucumber Salad Peaches or Fresh Fruit
7 Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Pineapple or Fresh Fruit	8 Nachos w/ Baked Tostitos Bean Dip Salsa Corn Spanish Rice Pears or Fresh Fruit	9 Asian Chicken Salad Chinese Noodles Mandarin Oranges Fresh Fruit Fortune Cookie	10 Gold Medal Schools Walk to Georgia Celebration! Southern Fried Chicken* Black-eyed Peas Cooked Spinach or Collard Greens Cornbread Peaches or Oranges Sweet Potato Pie	11 No School
14 Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Mandarin Oranges or Fresh Fruit	15 Tacos Mexican Beans Corn Green Salad/Ranch Peaches or Fresh Fruit	16 Chili Cornbread w/honey butter Broccoli Salad Pears or Fresh Fruit	17 Slow Roasted Turkey Mashed Potatoes & Gravy Cranberry Sauce Yams Dinner Roll Applesauce or Fresh Fruit Pumpkin Dessert	18 Toasted Cheese Sandwich Tomato Soup Celery Cucumber Salad Mixed Fruit or Fresh Fruit
21 Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit	22 Taco Salad w/Baked Tostitos Spanish Rice Applesauce or Fresh Fruit	23 No School	24  Thanks giving	25 No School
28 Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Pears or Fresh Fruit	29 Bean & Cheese Burrito Salsa Spanish Rice Tossed Salad Applesauce or Fresh Fruit	30 BBQ Turkey on a Bun Baked Beans Spinach Salad Peaches or Fresh Fruit	MILK is included with every meal.  Extra Milk - \$0.25	Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60



*The fried chicken will actually be oven baked.

Fresh Fruits offered: Grapes, Apples, Oranges, Bananas, Pears, Peaches, Kiwi, Cantaloupe, & Honeydew



Breakfast Menu November 2011



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Baked Oatmeal	2 Cold Cereal or UBR	3 Ham & Eggs Wheat Toast	4 Cranberry Orange Muffins Hard Boiled Egg 
7 Pancakes Fruit Compote Turkey Sausage	8 Oatmeal	9 Cold Cereal or UBR	10 Egg, Ham & Cheese Muffin	11 No School
14 WG Waffles Syrup & Applesauce Turkey Sausage 	15 Baked Oatmeal	16 Cold Cereal or UBR	17 WG Pancake on a stick Scrambled egg	18 Carrot Muffins Hard Boiled Egg
21 Whole Grain Bagel LF Cream Cheese Scrambled Eggs	22 Oatmeal	23 No School	24 Thanksgiving	25 No School
28 French Toast Fruit Compote	29 Baked Oatmeal	30 Cold Cereal or UBR		
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

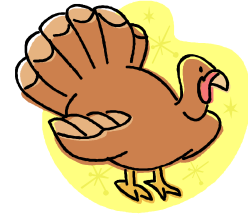
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Freedom Academy Nutrition

Newsletter

November 2011



Tips for a Fun, Safe, and Healthy Thanksgiving!

(ideas taken from www.usda.gov and www.eatright.org)

Some helps with the turkey:

- Plan ahead and decide if you want a fresh or frozen turkey this year. Whichever one you choose, be sure to pick one that is not prestuffed. If you decide to cook a fresh one, purchase it only 1-2 days before the holiday.

- The following chart can help you determine how much turkey you need:

What Size Turkey to Purchase

Type of Turkey	Pounds to Buy
Whole bird	1 lb per person
Boneless breast of turkey	1/2 lb per person
Breast of turkey	3/4 lb per person
Prestuffed frozen turkey	1 1/4 lb per person – keep frozen until use

- Here's a few tips on thawing:

○ In the refrigerator:

Size of Turkey	Number of Days
8 to 12 pounds	1 to 2 days
12 to 16 pounds	2 to 3 days
16 to 20 pounds	3 to 4 days
20 to 24 pounds	4 to 5 days

○ In cold water:

Size of Turkey	Hours to Defrost
8 to 12 pounds	4 to 6 hours:
12 to 16 pounds	6 to 8 hours
16 to 20 pounds	8 to 10 hours
20 to 24 pounds	10 to 12 hours

Healthier Sweet Potato Casserole:

(adapted from www.kraftfoods.com)

Ingredients:

- 2 lb. sweet potatoes, peeled, cooked and mashed
- 4 Tbsp. butter or margarine, melted, divided
- 1/4 cup orange juice
- 1/2 tsp. salt
- 10 Ginger Snaps, finely crushed
- 1/2 cup Chopped Pecans, or Walnuts toasted
- 3 Tbsp. brown sugar

Directions:

1. Heat oven to 350°F. Mix potatoes, half of the melted butter, orange juice and salt until well blended. Spoon into 2-qt. casserole dish.
2. Mix remaining melted butter, cookie crumbs, pecans and sugar until well blended; sprinkle evenly over potato mixture.
3. Bake 30 min. or until potato mixture is heated through and topping is golden brown.

- **In the microwave:**
 - Microwave thawing is safe if the turkey is not too large. Check the manufacturer's instructions for the size turkey that will fit into your oven, the minutes per pound, and the power level to use for thawing. Cook immediately after thawing.
- Cooking and stuffing the turkey:
 - If you decide to stuff the turkey, be sure to use a moist stuffing and stuff it loosely. Be sure both the turkey and the stuffing reach an internal temperature of 165F. Here's a list of cooking times at 325F.

Size of Turkey	Cooking Time — Unstuffed	Cooking Time — Stuffed
8 to 12 pounds	2 3/4 to 3 hours	3 to 3 1/2 hours
12 to 14 pounds	3 to 3 3/4 hours	3 1/2 to 4 hours
14 to 18 pounds	3 3/4 to 4 1/4 hours	4 to 4 1/4 hours
18 to 20 pounds	4 1/4 to 4 1/2 hours	4 1/4 to 4 3/4 hours
20 to 24 pounds	4 1/2 to 5 hours	4 3/4 to 5 1/4 hours

- What to do with leftovers:
 - Cut the turkey into small pieces; refrigerate stuffing and turkey separately in shallow containers within 2 hours of cooking. Use leftover turkey and stuffing within 3-4 days; gravy within 1-2 days; or freeze these foods. Reheat thoroughly to a temperature of 165 °F or until hot and steaming.

Tips for a Healthier Holiday:

- If you're concerned about overeating, go for a long pre-meal walk or hike. This will ease concerns about all the calories you'll eat later on.
- Use smaller plates if necessary to avoid overeating.
- Try eating a health snack before so that you're not as hungry when it's time to eat.
- Remember that beverages have calories as well that you may not bargain for. Consume them in moderation or opt for water!
- Use portion control and take "tastes" of higher calorie dishes and desserts.

