



Freedom Academy Menu October 2011



Monday	Tuesday	Wednesday	Thursday	Friday
3 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit	4 Nachos w/ Baked Tostitos Bean Dip Salsa Pico De Gallo Spanish Rice Baby Carrots Frozen Fruit Cup or Fresh Fruit	5 Baked Macaroni & Real Cheese Garlic Bread Broccoli Salad Applesauce or Fresh Fruit	6 Hawaiian Chicken & Vegetables Steamed Brown Rice Mandarin Oranges or Fresh Fruit	7 Gold Medal Schools Utah Celebration Pot Roast w/Gravy Roasted Carrots & Potatoes Dinner Roll Green <i>Jello</i> salad w/grated carrots & Whipped Cream Peaches or Fresh Fruit
10 Pizza Cheesy Garlic Roll Marinara Celery Cucumber Salad Pineapple or Fresh Fruit	11 Crunchy Tacos Beans Spanish Rice Tossed salad Apricots or Fresh Fruit	12 BBQ Turkey on a Bun Baked Beans Spinach Salad Mixed Fruit or Fresh Fruit	13 Baked Potato Bar w/ Chili, Cheese, Salsa, & Diced Ham LF Sour Cream Mixed Greens Dinner Roll Mandarin Oranges or Fresh Fruit	14 Deli Sub Sandwich Tomatoes & Lettuce Tossed Salad Potato Wedges Peaches or Fresh Fruit
17 Hamburger on a Bun Lettuce, tomato & Cucumbers Confetti Fries Cole Slaw Baked Beans Pears or Fresh Fruit	18 Enchilada Casserole Shredded lettuce LF Sour Cream Corn Applesauce or Fresh Fruit	19 "Police & Pizza" Lunch Pizza Cheesy Garlic Roll Marinara Vegetable Medley Apricots or Fresh Fruit	20 	21 Fall Break
24 Fall Break	25 Chicken Wing Dings Seasoned Potato Wedges Dinner Roll Peaches or Fresh Fruit	26 Meatball Sandwich Spinach Salad Pork & Beans Pears or Fresh Fruit	27 Chicken Caesar Salad WW Tortilla Wrap WW Rotini Salad Mandarin Oranges & Fresh Fruit	28 Hamburger Steak Garlic Mashed Potatoes Dinner Roll Peas & Carrots Peaches or Fresh Fruit
31 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Ranch Pumpkin Bar Cinnamon Apples Slices or Fresh Fruit 	Fresh Fruits offered: Strawberries, Grapes, Apples, Oranges, Bananas, Cantaloupe, Honeydew, Watermelon, Pears, Peaches, Kiwi		Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Extra Milk - \$0.25	MILK is included with every meal.

RED RIBBON WEEK



*Our Pizza is now made by 5-Buck under new management. We get extra sauce and 60% whole grain crust.
This institution is an equal opportunity provider.





October 2011 BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
3 Bagels w/LF Cream Cheese Turkey Sausage	4 Baked Oatmeal	5 Cold Cereal or UBR (Ultimate Breakfast Round)	6 Egg, Ham & Cheese Muffin	7 Zucchini Muffins
10 WG Pancakes Syrup & Applesauce Turkey Sausage	11 Baked Oatmeal	12 Cold Cereal or UBR	13 Breakfast Burrito	14 Blueberry Orange Muffins
17 French Toast Berry Compote Turkey Sausage	18 Oatmeal	19 Cold Cereal or Whole Grain Pop Tarts	20 	21 Fall Break
24 Fall Break	25 Baked Oatmeal	26 Cold Cereal or UBR	27 Breakfast Quiche Wheat Toast	28  Pumpkin Muffins
31 Yogurt & Berry Parfait Wheat Toast WG Pumpkin Cookie	All breakfasts include options for milk, yogurt, cottage cheese, choice of fruit, and choice of 100% fruit juice. Fresh fruit is always offered.			Prices K-6 - \$1.25 7-8 - \$1.35 Adult - \$1.50 Extra Milk - \$0.25



Eat Right, Be Bright!

Nutrition Update: A healthy diet is associated with HIGHER IQ scores!

Proper nutrition is needed for growing *brains!* Analysis of data from the Avon Longitudinal Study of Parents and Children¹ indicates that a “processed” (high in fat and sugar) diet is associated with lower IQ scores for kids, while a “health conscious” diet (more fruit, vegetables, salads, whole grains, etc.) was related to higher IQ measured at 8.5 years of age.

Other research suggests that children with a healthy weight are more likely to score well on visual-spatial organization tests². In addition, studies show better academic performance in children with higher intakes of omega-3 fatty acids (such as those found in fish), and in those with high intakes of fruits and vegetables³.

So – Help your children by offering a variety of foods in the form of Fruits, Vegetables, Whole Grains, Nuts & Seeds, and lean protein (including fish and legumes). Include a good source of calcium for healthy bones, teeth and many other body processes.



1. *J Epidemiol Community Health* doi:10.1136/jech.2010.111955
 2. *Obesity*:2008 Aug;16(8):1809-15. Epub 2008 Jun 12
 3. *Journal of School Health*:2008, 78:4

Freedom Academy Nutrition Newsletter

October 2011



How to Have a Safe, Happy, and Healthy Halloween

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

Whether you're taking your own trick-or-treaters out or waiting for them to come to you, here are a few ideas to ensure you'll have a safe and happy Halloween!

Before they go:

- Give children a light meal or snack before they go so that they're not trick-or-treating on an empty stomach.
- Encourage children to not snack while they're trick-or-treating so that parents can inspect their goodies before they eat them.
- Plan a route that will require a lot of walking so they can get some exercise. Try to only visit people you know.
- Set a time limit so that the number of treats they get is limited.

After they get home

- Look through their goodies and toss out any home-made candy or baked goods.
- Parents of young children should also remove any choking hazards such as gum, peanuts, hard candies or small toys.
- Inspect commercially wrapped treats for signs of tampering, such as an unusual appearance or discoloration, tiny pinholes, or tears in wrappers. Throw away anything that looks suspicious.

What to do with all those treats:

- Sort through the candy and make a favorites pile. Let them pick a few from that pile each day.
- Don't worry too much about children eating a lot of candy in one night. The more they eat, the less there will be later to snack on. Think about all the calories they burned trick-or-treating. A few extra treats won't hurt if it is a rare occasion.
- Freeze any leftover treats and defrost them later on.

Good Choices to Hand Out:

- Packages of trail mix or nuts
- Cereal bars
- Small boxes of raisins, other dried fruit, fruit leather or 100% fruit snacks with added Vitamin C
- Sugar-free gum
- Mini 100% fruit juice boxes
- Snack-size packages of peanut butter and crackers, graham crackers or oatmeal cookies.
- Whole-grain cheddar flavored crackers
- Cereal bars made with real fruit
- Individual fruit cups
- Low-fat pudding cups
- Baked, unsalted bags of pretzels
- Toys like whistles, bracelets or spider rings.
- Coupons for a free ice cream or frosty

By Joanna Wilkins, R.D

