



Freedom Academy Menu

September 2011

LUNCH



| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| <p>Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Extra Milk - \$0.25</p> | <p>MILK is included with every meal.</p> | | <p>1 Chicken Caesar Wrap Celery & Cucumber Salad Baked Chips Peaches Fresh Fruit</p> | <p>2 Pizza Cheesy Garlic Roll Marinara Carrots Mandarin Oranges Or Fresh Fruit</p> |
| <p>5 Labor Day</p> | <p>6 Crunchy Tacos Beans Spanish Rice Tossed salad Apricots, Strawberry Cup, or Fresh Fruit</p> | <p>7 Turkey w/gravy over Rice Dinner Roll Sweet Potatoes Mandarin Oranges or Fresh Fruit</p> | <p>8 Southwestern Chicken Fajitas Fajita Vegetables Mexican Pinto Beans Spanish Rice Tossed Salad Pineapple or Fresh Fruit</p> | <p>9 Mandarin Orange Chicken Steamed Brown Rice Stir-Fried Vegetables Pears or Fresh Fruit Fortune Cookie</p> |
| <p>12 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit</p> | <p>13 Italian Spaghetti Garlic Bread Tossed Salad Pears or Fresh Fruit</p> | <p>14 Homemade Chili Cornbread w/honey butter Carrot & Celery Sticks Peaches or Fresh Fruit</p> | <p>15 Luau Pork Steamed Brown Rice Sweet Potatoes Mandarin Oranges or Fresh Fruit</p> | <p>16 Taco Salad Baked Tostitos Mixed Greens Salsa Ranch Peaches or Fresh Fruit</p> |
| <p>19 Pizza Cheesy Garlic Roll marinara Vegetable Medley Apricots or Fresh Fruit</p> | <p>20 Asian Chicken Salad Fried Rice Fruit Cocktail or Fresh Fruit Fortune Cookie</p> | <p>21 Lasagna Italian Vegetables Garlic Bread Pears or Fresh Fruit</p> | <p>22 Marinated Shredded Turkey on a WW Bun Confetti Fries Vegetable Medley Pineapple or Fresh Fruit</p> | <p>23 Tostada Salsa Tossed Salad/Ranch Spanish Rice Peaches or Fresh Fruit</p> |
| <p>26 Sloppy Joe Ranch Beans Celery Cucumber Salad Applesauce or Fresh Fruit</p> | <p>27 (12:30 out) Pizza Cheesy Garlic Roll Marinara Baby Carrots Ranch Fresh Fruit</p> | <p>28 (12:30 out) LF WG Corn Dog Baked Tater Tots Vegetable Medley Ranch Fresh Fruit</p> | <p>29 (12:30 out) WG PB&J Uncrustable Baked Chips Baby Carrots Ranch Fresh Fruit</p> | <p>30 (12:30 out) Bean & Cheese Burrito Salsa Vegetable Medley Ranch Fresh Fruit</p> |

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

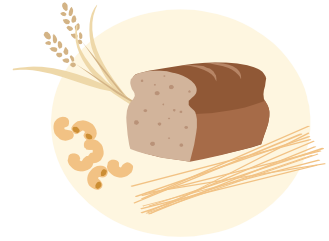
This institution is an equal opportunity provider.



*Our Pizza is made by Black Jack Pizza. We get extra sauce and 51% whole grain crusts.





September 2011 BREAKFAST



| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|----------------------------|--|---|--|
| | | | 1 WG Pancake on a stick Scrambled egg | 2 Raisin Bran Muffins  |
| 5 Labor Day | 6 Baked Oatmeal | 7 Cold Cereal or UBR | 8 Egg, Ham & Cheese Muffin | 9 Zucchini Muffins |
| 12 WG Pancakes Syrup & Applesauce Turkey Sausage | 13 Oatmeal | 14 Cold Cereal or UBR | 15 Breakfast Burrito | 16 Blueberry Orange Muffins |
| 19 WG Pancakes Berry Compote Turkey Sausage | 20 Baked Oatmeal | 21 Cold Cereal or Whole Grain Pop Tarts | 22 Scrambled Eggs & Ham Wheat Toast | 23 Banana Muffins |
| 26 WG Pancakes Syrup Turkey Sausage | 27 Baked Oatmeal | 28 Cold Cereal or UBR  | 29 Breakfast Quiche Wheat Toast | 30 Carrot Muffins |
| <p style="text-align: center;">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.</p> | | | | <p style="text-align: center;"><u>Prices</u> K-6 - \$1.25 7 -8 - \$1.35 Adult - \$1.50 Extra Milk - \$0.25</p> |



Eat Right, Be Bright!!!