










Freedom Academy Menu

February 2012

Lunch



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices</p> <p>K-6 - \$2.25</p> <p>7-8 - \$2.50</p> <p>Adult - \$2.60</p> <p>Extra Milk - \$0.25</p> <p>MILK is included with every meal.</p> 		<p>1</p> <p>Grilled Chicken Caesar Salad w/cROUTONS</p> <p>Garlic Roll</p> <p>Mandarin Oranges or Fresh Fruit</p> <p>WG Oatmeal Cookie</p>	 <p>2</p> <p>Groundhog Day</p> <p>"Underground Soup" (Creamy Potato & Carrot Soup)</p> <p>Dinner Roll</p> <p>Underground Vegetable (Beets)</p> <p>Fruit Salad or Fresh Fruit</p>	<p>3</p> <p>Nachos w/ Baked Tostitos</p> <p>Bean Dip</p> <p>Salsa</p> <p>Spanish Rice</p> <p>Carrots & Celery</p> <p>Frozen Peach Cup or Fresh Fruit</p>
<p>6</p> <p>Pizza or PB&J</p> <p>Cheesy Garlic Roll</p> <p>Marinara</p> <p>Carrots</p> <p>Ranch or Italian Applesauce or Fresh Fruit</p>	<p>7</p> <p>Deli Sub Sandwich</p> <p>Lettuce, Tomato, Onion</p> <p>Baked Beans</p> <p>Baked Chips</p> <p>Broccoli Salad</p> <p>Mixed Fruit or Fresh Fruit</p>	<p>8</p> <p>Lasagna</p> <p>Italian Vegetables</p> <p>Garlic Bread</p> <p>Pears or Fresh Fruit</p>	<p>9</p> <p>Chicken Fajitas</p> <p>Fajita Vegetables</p> <p>Mexican Beans</p> <p>Tossed Salad</p> <p>Spanish Rice</p> <p>Peaches or Fresh Fruit</p>	<p>10</p> <p>Chicken Enchilada Soup</p> <p>Baked Tostitos</p> <p>Cowboy Salsa</p> <p>Vegetable Medley</p> <p>Pineapple or Fresh Fruit</p>
<p>13</p> <p>Pizza or PB&J</p> <p>Cheesy Garlic Roll</p> <p>Marinara</p> <p>Celery Cucumber Salad</p> <p>Mixed Fruit or Fresh Fruit</p>	<p>14</p> <p>Valentine's Day</p>  <p>Roast Pork w/Cranberry Glaze</p> <p>Seasoned Roasted Red Potatoes & Carrots</p> <p>Dinner Roll</p> <p>Vanilla Yogurt & Berry Parfait</p> <p>Mandarin Oranges or Fresh Fruit</p>	<p>15</p> <p>Enchilada Casserole</p> <p>Shredded lettuce</p> <p>LF Sour Cream</p> <p>Corn</p> <p>Applesauce or Fresh Fruit</p>	<p>16</p> <p>Homemade Chili</p> <p>Cornbread w/honey butter</p> <p>Carrot & Celery Sticks</p> <p>Peaches or Fresh Fruit</p>	<p>17</p> <p>Mandarin Orange</p> <p>Chicken</p> <p>Brown Rice</p> <p>Oriental Vegetables</p> <p>Pineapple or Fresh Fruit</p> <p>Fortune Cookie</p> 
<p>20</p> <p>Presidents' Day</p> 	<p>21</p> <p>Crunchy Tacos</p> <p>Salsa</p> <p>Mexican Beans</p> <p>Spanish Rice</p> <p>Tossed Salad/Ranch</p> <p>Applesauce or Fresh Fruit</p>	<p>22</p> <p>Bean Burrito</p> <p>Salsa</p> <p>Tossed Salad/Ranch</p> <p>Spanish Rice</p> <p>Pears or Fresh Fruit</p>	<p>23</p> <p>Roasted Turkey & Gravy</p> <p>Mashed Potatoes</p> <p>Dinner Roll</p> <p>Peas</p> <p>Peaches or Fresh Fruit</p>	<p>24</p> <p>Baked Macaroni & Real Cheese</p> <p>Steamed Vegetable Medley</p> <p>Garlic Bread</p> <p>Mandarin Oranges or Fresh Fruit</p>
<p>27</p> <p>Pizza or PB&J</p> <p>Cheesy Garlic Roll</p> <p>Marinara</p> <p>Vegetable Medley</p> <p>Pineapple or Fresh Fruit</p>	<p>28</p> <p>Grilled Chicken on a Bun</p> <p>Lettuce, tomato & cucumbers</p> <p>Baked Beans</p> <p>Celery sticks</p> <p>Pineapple or Fresh Fruit</p>	<p>Wednesday 29</p> <p>Walk to Mongolia Celebration!</p>  <p>Mongolian Beef or Pork Rice</p> <p>Steamed Carrots</p> <p>Peaches or Apples</p> <p>Mongolian Apple Crumble</p> 		



February 2011 BREAKFAST



Monday	Tuesday	Wednesday	Thursday	Friday
		1 Cold Cereal or UBR	2 Ham & Eggs Wheat Toast	3 Rasin Bran Muffins 
6 French Toast Fruit Compote	7 Oatmeal	8 Cold Cereal or UBR	9 Breakfast Quiche Wheat Toast	10 WG LF Pumpkin Breakfast Cookie
13 Pancakes Syrup HB Egg	14 Baked Oatmeal	15 Cold Cereal or UBR	16 Breakfast on a Stick Scrambled Eggs	17 Carrot Muffins
20 No School	21 Oatmeal	22 Whole Grain Pop Tarts or Cold Cereal	23 Egg, Ham & Cheese Muffin	24 Blue Ribbon Zucchini Carrot Apple Muffins
27 WG Bagel LF Cream Cheese HB Egg	28 Baked Oatmeal	29 Cold Cereal or UBR 	March 1 Yogurt & Fruit Parfait Wheat Toast	March 2 Blueberry Orange Muffins
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.

