








Freedom Academy Lunch Menu April 2010








Monday	Tuesday	Wednesday	Thursday	Friday
<p>This institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. Write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Avenue SW, Washington, D.C. 20250-9410 or call (202) 720-596</p>		<p>Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Milk - \$0.25</p> <p>MILK is included with every meal.</p>	<p>1 ★Mrs. Andersen's Class★ Menu "Tops & Bottoms" Vegetable Soup "Middle" Cornbread & Honey "Blossom" Berry Bowl w/whipped cream Choice of fruit</p>	<p>2 Cheese Enchilada Casserole Shredded lettuce LF Sour Cream Spanish Rice Refried Beans Corn</p>
<p>5  Spring Break</p>	<p>6 </p>	<p>7 </p>	<p>8 </p>	<p>9 </p>
<p>12 Fish Fillet Tarter Sauce Rice Pilaf Coleslaw Peaches or Fresh Fruit Apple Crisp</p>	<p>13 Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Applesauce or Fresh Fruit</p>	<p>14 Baked Potato Bar w/ Chili, Cheese, Broccoli & Diced Ham LF Sour Cream Green Salad w/ Ranch Mandarin Oranges or Fresh Fruit Cinnamon Bun</p>	<p>15 BBQ Turkey/Wheat Bun Ranch Beans Baby Carrots Pineapple or Fresh Fruit</p>	<p>16 ★Miss Ras's Class Menu★ 3-Cheese Ravioli w/marinara Green Salad w/Ranch or Italian Dressing Garlic Bread Slushy Fruit Cup and/or Fresh Fruit</p>
<p>19 Deli Sub Sandwich Lettuce, Tomato, Onion Baked Beans Baked Chips Spinach Salad Mixed Fruit or Fresh Fruit</p>	<p>20 Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Pineapple or Fresh Fruit</p>	<p>21 ★Mrs. Gadd's Class★ Menu Grilled Chicken Breast Seasoned Brown Rice Vegetable Medley Mandarin Oranges, Fresh Pineapple or Oranges</p>	<p>22 Lasagna Green Beans Garlic Bread Pears or Fresh Fruit</p>	<p>23 Tostada Salsa Spanish Rice Tossed Salad/Ranch Peaches or Fresh Fruit</p>
<p>26 Teriyaki Chicken Bowl Stir-fry Veggies Steamed Brown Rice Pineapple or Fresh Fruit</p>	<p>27 Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Peaches or Fresh Fruit</p>	<p>28 Chili Dinner Roll Cornbread Carrot & Celery Sticks Mandarin Oranges or Fresh Fruit</p>	<p>29 Chicken Fajitas Vegetable Medley Refried Beans Applesauce or Fresh Fruit</p>	<p>30 Baked Macaroni & Cheese Garlic Bread Broccoli Salad Pears or Fresh Fruit</p>



Breakfast Menu

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This institution is an equal opportunity provider.	Milk is included with meals.	<u>Prices</u> K-6 - \$1.25 7-8 - \$1.35 Adult - \$1.50 Milk - \$0.25	1 Berry & Yogurt Parfait Low-Fat Granola Wheat Toast Orange Juice	2 Ultimate Breakfast Round Turkey Sausage Yogurt or Cottage Cheese Fruit Juice
5 No School 	6 	7 	8 	9 
12 Bagel/Cream Cheese Yogurt or Cottage Cheese Fruit Orange Juice	13 Baked Oatmeal Yogurt or Cottage Cheese Fruit Orange Juice	14 Cold Cereal Banana Yogurt or Cottage Cheese Orange Juice	15 Egg, Ham & Cheese Muffin Fruit Yogurt Orange Juice	16 Pumpkin Muffins Apple Slices Yogurt or Cottage Cheese Cran-Grape Juice
19 ★Mrs. Garlock's Menu★ Cornmeal Buttermilk Pancakes Berry Compote Sausage Yogurt Sliced Fruit Orange Juice	20 Oatmeal Raisins Yogurt or Cottage Cheese Fruit Orange Juice	21 Cold Cereal Banana Yogurt or Cottage Cheese Orange Juice	22 Breakfast on a stick Scrambled eggs Fresh Fruit Yogurt Orange Juice	23 Carrot Muffins Orange Yogurt or Cottage Cheese Cran-pomegranate Juice
26 ★Mrs. Croshaw's Menu★ Whole Wheat Crepes with yogurt & fruit filling Sausage Yogurt Orange Juice	27 Baked Oatmeal Yogurt or Cottage Cheese Fruit Orange Juice	28 Cold Cereal Banana Yogurt or Cottage Cheese Orange Juice	29 Scrambled Eggs Turkey Sausage Wheat Toast Grapes Yogurt Orange Juice	30 Cranberry-Orange Muffins Orange Yogurt or Cottage Cheese Cran-Grape Juice