



Freedom Academy Lunch Menu December 2009



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Pizza Cheesy Garlic Roll Marinara Carrots Mandarin Oranges or Fresh Fruit	2 Pulled Pork Sandwich Baked Beans Coleslaw Applesauce or Fresh Fruit	3 Lasagna Green Beans Garlic Bread Pears or Fresh Fruit	4 Nachos Bean Dip Salsa Vegetable Medley Apricots or Fresh Fruit Apple Crisp
7 Slow Roasted Turkey & Gravy Mashed Potatoes Peas Dinner Roll Applesauce or Fresh Fruit	8 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Peaches or Fresh Fruit	9 "Homemade" Chili Cornbread w/honey butter Salad Pears or Fresh Fruit	10 Baked Macaroni & Cheese Broccoli Salad Apricots or Fresh Fruit	11 Taco Salad with Mixed Greens <i>Baked Tostitos</i> & Black Beans Corn Dried Cherries or Fresh Fruit
14 Baked Potato Bar w/ Chili, Cheese, Steamed Broccoli & Diced Ham LF Sour Cream Green Salad w/ Ranch Mandarin Oranges or Fresh Fruit Cinnamon Bun	15 Pizza Cheesy Garlic Roll Marinara Carrots Pineapple or Fresh Fruit	16 Turkey Sub Sandwich Lettuce 3-Bean Salad <i>Baked Lay's</i> Chips Pears or Fresh Fruit	17 Holiday Ham Cheesy Potatoes Yams Dinner Roll Berries or Fresh Fruit Holiday Dessert	18 (1/2 day) Corn Dog* Baked Fries Baby Carrots Ranch Dip Apple
21 1st Day of Winter 	22	23	24 Christmas Eve 	25 Christmas 
28	29	30	31 New Year's Eve 	January 1, 2010 New Year's Day 
January 4, 2010 Bean & Cheese Burrito Carrots & Celery Corn Salsa Applesauce or Fresh Fruit	Jan. 5 Pizza Cheesy Garlic Roll Marinara Celery Cucumber Salad Pineapple or Fresh Fruit	Jan. 6 Meatball Sandwich Baked Chips Potato Salad Vegetable Medley Pears or Fresh Fruit	Jan. 7 BBQ Chicken Baked Beans Cornbread Carrots Apricots or Fresh Fruit	Jan. 8 Grilled Cheese Sandwich Tomato Soup Tossed Salad Ranch Dressing Mandarin Oranges or Fresh Fruit





*A Foster Farms Whole Grain, Lower Fat Product.



Breakfast Menu December 2009



Monday	Tuesday	Wednesday	Thursday	Friday
<p>Prices K-6 - \$1.25 7 -8 - \$1.35 Adult - \$1.50 Milk - \$0.25</p> <p>Milk is included with meals</p> <p>This institution is an equal opportunity provider.</p>	<p style="text-align: center;">1</p> <p>Baked Oatmeal Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">2</p> <p>Cold Cereal Fruit Yogurt Orange Juice</p>	<p style="text-align: center;">3</p> <p>Breakfast Burrito Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">4</p> <p>Carrot Muffin Yogurt Fruit Cran-pomegranate Juice</p>
<p style="text-align: center;">7</p> <p>Waffles  Applesauce Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">8</p> <p>Oatmeal Raisins or Berries Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">9</p> <p>Cold Cereal Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">10</p> <p>Egg, Ham & Cheese Muffin Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">11</p> <p>Raisin Bran Muffin Yogurt Fruit Orange Juice</p>
<p style="text-align: center;">14</p> <p>French Toast Berry Compote Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">15</p> <p>Baked Oatmeal Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">16</p> <p>Cold Cereal Fruit Yogurt Orange Juice</p>	<p style="text-align: center;">17</p> <p>Scrambled Eggs Turkey Sausage Wheat Toast Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">18</p> <p>Cranberry Orange Muffin Yogurt Fruit Cran-pomegranate Juice </p>
21	22	23	24	25
28	29	30	31	January 1
<p style="text-align: center;">January 4</p> <p>Whole Grain Pop Tarts Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">5</p> <p>Baked Oatmeal Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">6</p> <p>Cold Cereal Banana Yogurt Fruit Orange Juice</p>	<p style="text-align: center;">7</p> <p>Breakfast on a stick Scrambled eggs Fruit Yogurt Orange Juice</p>	<p style="text-align: center;">8</p> <p>Apple-Cinnamon Muffin Yogurt Fruit Cran-Grape Juice</p>