



# Freedom Academy Lunch Menu

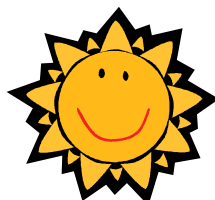
## May 2010



**Gold Medal Mile Month – Congratulations!**  
**We walked all the way around the world this year!!!**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b>  Grilled Chicken Caesar Salad Garlic Breadstick Mandarin Oranges or Fruit	<b>4</b>  Pizza or PB&J Cheesy Garlic Roll Celery & Cucumber Salad Fruit	<b>5</b> <b>CTE Cinco de Mayo Menu!</b> Quesadilla con Pollo Pico de Gallo Maiz (Corn) Frijoles (Refried Beans) Assorted Fruit Orejas (A Mexican Pastry)	<b>6</b>  Roast Turkey & Gravy Mashed Potatoes Dinner Roll Green Beans Fruit	<b>7</b>  Sloppy Joe Potato Wedges Ranch Beans Vegetable Medley Fruit
<b>10</b>  Nachos Salsa Mexican Rice Carrots & Celery Fruit	<b>11</b>  Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Fruit	<b>12</b> <b>#6 Mount Rushmore South Dakota Menu</b> Beef Pot Roast Pan Gravy Roasted Potatoes & Carrots  Dinner Roll Fruit Apple Kuchen	<b>13</b> <b>#5 Great Lakes Region</b> Hot Dogs (choice of ketchup, mustard, relish, onions sauerkraut) German Potato Salad  Carrots  Fruit Cookie	<b>14</b> <b>#4 Italy</b> 3 Cheese Ravioli Marinara Sauce Green Salad Garlic Bread Fruit Orange Sherbet Cup 
<b>17</b>  Italian Spaghetti Garlic Bread Peas & Carrots Fruit	<b>18</b>  Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Pears or Fresh Fruit	<b>19</b> <b>#3 England</b> Fish & Chips Yorkshire Pudding Peas  Fruit Trifle	<b>20</b> <b>#2 India</b> Curry Chicken  Rice Naan  Fruit Mango Lassi	<b>21</b> <b>#1 New York</b> Pastrami & Turkey Deli Sandwich Carrots & Celery  Pretzel Sticks Fruit Cheesecake
<b>24</b>  Crunchy Tacos Salsa Mexican Beans Green Salad Fruit	<b>25</b>  Pizza or PB&J Cheesy Garlic Roll Marinara Celery & Cucumber Salad Pears or Fresh Fruit	<b>26</b>  Choice of Entrée Vegetable Medley Fruit	<b>27</b>  Choice of Entrée Vegetable Medley Fruit	<b>28</b> <b>Last Day of School</b> <b>1/2 day sack lunch</b> LF WG Corn Dog Baby Carrots Ranch Ranch Beans Fruit

**Prices:** K-6 - \$2.25; 7-8 - \$2.50; Adult - \$2.60; Milk - \$0.35 MILK is included with every meal.  
 This institution is an equal opportunity provider.





# Breakfast Menu May 2010



<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>3</b> Waffle Stix Turkey Sausage Fruit topping Yogurt Orange Juice	<b>4</b> Baked Oatmeal Fruit Yogurt Orange Juice	<b>5</b> Whole Grain Pop Tarts Yogurt Fruit Orange Juice	<b>6</b> Ham, Egg & Potato Breakfast Burrito Applesauce Yogurt Orange Juice	<b>7</b> Raisin Bran Muffins Fresh Fruit Yogurt or Cottage Cheese Cran-Pomegranate Juice
<b>10</b> French Toast Fruit Compote Applesauce Yogurt Orange Juice	<b>11</b> Baked Oatmeal Fruit Yogurt Orange Juice	<b>12</b> Cold Cereal Variety Banana or Berries Yogurt Orange juice	<b>13</b> Egg, Ham & Cheese Muffin Fresh Fruit Yogurt Orange Juice	<b>14</b> Pumpkin Muffins Fresh Fruit Yogurt Cran-Grape Juice
<b>17</b> Cornmeal Buttermilk Pancakes Fruit Compote Turkey Sausage Yogurt Orange Juice	<b>18</b> Baked Oatmeal Fruit Yogurt Orange Juice	<b>19</b> Cold Cereal Variety Banana or Berries Yogurt Orange juice	<b>20</b> Scrambled Eggs Turkey Sausage Wheat Toast Fresh Fruit Yogurt Orange Juice	<b>21</b> Cranberry-Orange Muffins Fresh Fruit Yogurt Gran-Pomegranate Juice
<b>24</b> Yogurt & Berry Parfait Wheat Toast Fresh Fruit Orange Juice	<b>25</b> Oatmeal Fruit Yogurt Orange Juice	<b>26</b> Carrot Muffins Fresh Fruit Yogurt Cran-Grape Juice	<b>27</b> Breakfast on a stick Scrambled egg Fresh Fruit Yogurt Orange Juice	<b>28</b> Cold Cereal Variety Banana Yogurt Orange Juice  <b>Last Day of School!</b> Have a great summer!
<b>Get enough sleep- 9-11 hours</b>	<b>Play actively for at least an hour a day</b>	<b>Eat Right</b>	<b>Drink Plenty of Water</b>	<b>Prices</b> <b>K-6 - \$1.25</b> <b>7-8 - \$1.35</b> <b>Adult - \$1.50</b> <b>Milk - \$0.35</b>

All meals include milk

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**Have a Great Summer!**

