






Freedom Academy Lunch Menu November 2009





Monday	Tuesday	Wednesday	Thursday	Friday
2 Sloppy Joe Cucumbers & Celery Ranch Beans Apricots or Fresh Fruit	3 Pizza Cheesy Garlic Roll Marinara Carrots Mandarin Oranges or Fresh Fruit	4 Club Sub Sandwich Lettuce Potato Salad Vegetable Medley Mixed Fruit or Fresh Fruit	5 Chicken & Dumplings Tossed Salad Pears or Fresh Fruit	6 Beef Tostada Salsa Mixed Greens/Ranch Mexican Beans Peaches or Fresh Fruit
9 Hawaiian Chicken & Vegetables Brown Rice Pineapple or Fresh Fruit	10 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Peaches or Fresh Fruit	11 Crunchy Taco Mexican Beans Corn Sliced Cucumbers/Ranch Mixed Fruit or Fresh Fruit	12 Hamburger Vegetable Soup w/lentils Dinner Roll Tossed Salad/Ranch Applesauce or Fresh Fruit	13 No School
16 Hamburger on a bun Lettuce, tomato, Cucumbers Baked Beans Baked Lays chips Peaches or Fresh Fruit 	17 Pizza Cheesy Garlic Roll Marinara Carrots Pineapple or Fresh Fruit	18 Italian Spaghetti Garlic Bread Tossed Salad Pears or Fresh Fruit	19  Slow Roasted Turkey & Gravy Mashed Potatoes Cranberry Sauce Peas Dinner Roll Applesauce or Fresh Fruit Pumpkin Dessert	20 Mexican Chicken Enchiladas Shredded lettuce Low Fat Sour Cream Corn Mixed Fruit or Fresh Fruit
23 Southwestern Chicken Fajitas Carrots Pinto Beans Applesauce or Fresh Fruit	24 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Mandarin Oranges or Fresh Fruit	25 No School	26 	27 No School
30 Deluxe Chef's Salad with Deli Turkey, Ham, Cheese, Hard Boiled Egg Peas, Kidney Beans Roll Mandarin Oranges or Fresh Fruit	MILK is included with every meal.	Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Milk - \$0.25	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	





Breakfast Menu November 2009



Monday	Tuesday	Wednesday	Thursday	Friday
2 Pancakes *Sausage Yogurt Fruit Orange Juice	3 Baked Oatmeal Yogurt Fruit Orange Juice	4 Cold Cereal Banana Yogurt Orange Juice	5 Berry & Yogurt Parfait (Berries, Yogurt & Granola) Wheat Toast Fruit Orange Juice	6 Carrot Muffin Yogurt Fruit Cran-pomegranate Juice
9 Waffles  Berry Compote Applesauce Yogurt Fruit Orange Juice	10 Baked Oatmeal Yogurt Fruit Orange Juice	11 Whole Grain Pop Tarts Yogurt Fruit Orange Juice	12 Egg, Ham & Cheese Muffin Yogurt Fruit Orange Juice	13 No School
16 French Toast Berry Compote Yogurt Orange Juice	17 Baked Oatmeal Yogurt Fruit Orange Juice	18 Cold Cereal Banana Yogurt Fruit Orange Juice	19 Scrambled Eggs *Sausage Wheat Toast Grapes Yogurt Orange Juice	20 Pumpkin Muffin Yogurt Fruit Cran-Grape Juice
23 Bagel/Cream Cheese Fruit Yogurt Orange Juice	24 Oatmeal Yogurt Fruit Orange Juice	25 No School	26 	27 No School
30 *Breakfast on a Stick Scrambled Eggs Fruit Yogurt Orange Juice		Milk is included with meals	This institution is an equal opportunity provider.	Prices K-6 - \$1.25 7-8 - \$1.35 Adult - \$1.50 Milk - \$0.25

*Low Fat Turkey Sausage

