



Freedom Academy Lunch Menu February 2010



Monday	Tuesday	Wednesday	Thursday	Friday
1 Chicken Strips Oven Fries Vegetable Medley Apricots or Fresh Fruit	2 Groundhog Day Pizza Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit	3 BBQ Turkey/Wheat Bun Ranch Beans Pasta Salad Pears or Fresh Fruit Blueberry Cup	4 Lasagna Zucchini Garlic Bread Peaches or Fresh Fruit	5 Nachos Bean Dip Salsa Corn Vegetable Medley Dried Cherries or Fresh Fruit
8 Hawaiian Haystacks Choice of Vegetables Pineapple or Fresh Fruit Coconut Bun	9 Pizza Cheesy Garlic Roll Marinara Carrots Applesauce or Fresh Fruit	10 Fish Fillet Rice Pilaf Coleslaw Peaches or Fresh Fruit	11 Ham & Bowtie Pasta Alfredo Spinach Salad Garlic Bread Apricots or Fresh Fruit	12 Early ♥Valentine's Day♥ To be determined by 7 th grade CTE class! ♥♥♥
15 Presidents' Day 	16 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit	17 Baked Potato Bar w/ Chili, Cheese, Steamed Broccoli & Diced Ham LF Sour Cream Green Salad w/ Ranch Mandarin Oranges or Fresh Fruit Cinnamon Bun	18 Shepherd's Pie Dinner Roll Peaches or Fresh Fruit	19 Tostada Salsa Tossed Salad/Ranch Applesauce or Fresh Fruit Blueberry Cup
22 Chili Cornbread w/Honey Butter Vegetable Medley Pears or Fresh Fruit	23 Pizza Cheesy Garlic Roll Marinara Carrots Pineapple or Fresh Fruit	24 Baked Macaroni & Cheese Broccoli Salad Fruit Cocktail or Fresh Fruit	25 Chop Suey Fried Rice Applesauce or Fresh Fruit	26 Napoleon Dynamite School Lunch Corn Dog Tater Tots Green Beans Choice of Fruit Strawberries in Red Jell-O
		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	Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Milk - \$0.35	





MILK is included with every meal.



February 2010 Breakfast Menu



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 Breakfast on a stick Scrambled egg Fresh Fruit Yogurt Orange Juice</p>	<p>2 Baked Oatmeal Berries or Mixed Fruit Yogurt Orange Juice</p> 	<p>3 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Orange Juice</p>	<p>4 Yogurt & Berry Parfait Wheat Toast Fresh Fruit Orange Juice</p>	<p>5 Raisin Bran Muffin Fresh Fruit Yogurt or Cottage Cheese Cran-Pomegranate Juice</p>
<p>8 Waffles Turkey Sausage Fruit topping Yogurt Orange Juice</p>	<p>9 Oatmeal Raisins or Berries Yogurt or Cottage Cheese Orange Juice</p>	<p>10 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Cran-pomegranate juice</p>	<p>11 Scrambled Eggs Turkey Sausage Wheat Toast Fresh Fruit Yogurt Orange Juice</p>	<p>12 Blueberry Muffin Fresh Fruit Yogurt or Cottage Cheese Gran-Grape Juice</p>
	<p>16 Baked Oatmeal Berries or Mixed Fruit Yogurt Orange Juice</p>	<p>17 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Orange Juice</p>	<p>18 Egg, Ham & Cheese Muffin Fresh Fruit Yogurt Orange Juice</p>	<p>19 Pumpkin Muffin Apple Yogurt or Cottage Cheese Cran-Pomegranate Juice</p>
<p>22 Pancakes Turkey Sausage Fruit topping Yogurt Orange Juice</p>	<p>23 Baked Oatmeal Raisins or Berries Yogurt or Cottage Cheese Orange Juice</p>	<p>24 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Orange Juice</p>	<p>25 Egg Breakfast Burrito Applesauce Yogurt Orange Juice</p>	<p>26 Carrot Muffin Fresh Fruit Yogurt or Cottage Cheese Cran-Grape Juice</p>
<p>All meals include milk.</p>			<p>Prices K-6 - \$1.25 7 -8 - \$1.35 Adult - \$1.50 Milk - \$0.35</p>	<p>This institution is an equal opportunity provider</p>

