


Freedom Academy Lunch Menu January 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><u>Prices</u> Student - \$2.50 Adult - \$3.10 Milk - \$0.25</p>	<p>MILK is included with every meal.</p>	
<p>4 Bean & Cheese Burrito Carrots Corn Salsa Applesauce or Fresh Fruit</p>	<p>5 Pizza Cheesy Garlic Roll Marinara Celery Cucumber Salad Pineapple or Fresh Fruit</p>	<p>6 Meatball Sandwich Baked Chips Potato Salad Vegetable Medley Pears or Fresh Fruit</p>	<p>7 BBQ Chicken Baked Beans Cornbread Carrots Apricots or Fresh Fruit</p>	<p>8 Grilled Cheese Sandwich Tomato Soup Tossed Salad Ranch Dressing Mandarin Oranges or Fresh Fruit</p>
<p>11 Sloppy Joe Carrots Baked Potato Wedges Ranch Beans Peaches or Fresh Fruit</p>	<p>12 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Fruit Cocktail or Fresh Fruit</p>	<p>13 Chef's Salad Deli Turkey, Ham, Cheese, Hard Boiled Egg Peas, Kidney Beans Cheesy Garlic Roll Mandarin Oranges or Fresh Fruit</p>	<p>14 Pulled Pork Carnita Wraps Salsa Spanish Rice Corn Black Beans Peach Slush or Fresh Fruit</p>	<p>15 Professional Development No School</p>
<p>18 Martin Luther King Day No School</p>	<p>19 Pizza Cheesy Garlic Roll Marinara Vegetable Medley Peaches or Fresh Fruit</p>	<p>20 Teriyaki Chicken Bowl Stir-fry Veggies Steamed Brown Rice Mandarin Oranges or Fresh Fruit</p>	<p>21 Italian Spaghetti Garlic Roll Peas & Carrots Peach Slush or Fresh Fruit</p>	<p>22 Hamburger on a bun Lettuce, tomato, Cucumbers Baked Beans Baked Potato Wedges Applesauce or Fresh Fruit</p>
<p>25 Chicken Caesar Wrap Celery & Cucumber Salad Baked Chips Mixed Fruit or Fresh Fruit</p>	<p>26 Pizza Cheesy Garlic Roll Marinara Celery Cucumber Salad Mandarin Oranges or Fresh Fruit</p>	<p>27 Deli Sub Sandwich Lettuce & Tomato Ranch Beans Baked Potato Wedges Italian Vegetables Peach Slush or Fresh Fruit</p>	<p>28 Beef Soup w/Vegetables Dinner Roll Tossed Salad/Ranch Applesauce or Fresh Fruit</p>	<p>29 Crunchy Tacos Mexican Beans Salad/Ranch Pears or Fresh Fruit</p>



Freedom Academy Breakfast Menu January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
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		
4 Whole Grain Pop Tarts Yogurt Fruit Orange Juice	5 Baked Oatmeal Yogurt Fruit Orange Juice	6 Cold Cereal Yogurt Fruit Orange Juice	7 Breakfast on a stick Scrambled eggs Fruit Yogurt Orange Juice	8 Apple-Cinnamon Muffin Yogurt or Cottage Cheese Fruit Cran-Grape Juice
11 Pancakes Fruit Topping Turkey Sausage Yogurt Orange Juice	12 Oatmeal Fruit Yogurt or Cottage Cheese Orange Juice	13 Cold Cereal Yogurt Fruit Orange Juice	14 Egg, Ham & Cheese Breakfast Burrito Salsa Applesauce Yogurt Orange Juice	15 No School
18 No School	19 Baked Oatmeal Raisins or Berries Yogurt Orange Juice	20 Cold Cereal Banana Yogurt Cran-grape juice	21 Quiche Fresh Fruit Toast Yogurt Orange Juice	22 Pumpkin Muffin Apple Slices Yogurt or Cottage Cheese Cran-Grape Juice
25 French Toast Applesauce Yogurt Orange Juice	26 Baked Oatmeal Raisins or Berries Yogurt or Cottage Cheese Orange Juice	27 Cold Cereal Yogurt Fruit Orange Juice	28 Bagel/Cream Cheese Yogurt or Cottage Cheese Fruit Orange Juice	29 Carrot Muffin Orange Yogurt or Cottage Cheese Cran-pomegranate Juice

