





Freedom Academy Lunch Menu March 2010 National Nutrition Month



Monday	Tuesday	Wednesday	Thursday	Friday
1 Sloppy Joe Potato Wedges Ranch Beans Vegetable Medley Applesauce or Fresh Fruit	2 ½ Day PT Conferences Pizza Cheesy Garlic Roll Celery & Cucumber Salad Orange	3 ½ Day Deli Sub Sandwich Lettuce & Tomato Baked Beans Baked Chips Carrots Apple	4 ½ Day Peanut Butter & Jelly Whole Grain Uncrustable Baked Chips Vegetable Medley Banana	5 ½ Day Bean & Cheese Burrito Salsa Carrots & Celery Fresh Fruit
8 Toasted Cheese Sandwich Tomato Soup 3-Bean Salad Applesauce or Fresh Fruit	9 Pizza or PB&J Cheesy Garlic Roll Marinara Carrots or Fresh Fruit	10 Registered Dietitian Day Hamburger on a bun Lettuce, tomato & Cucumbers Baked Beans Carrots Fresh Fruit	11 Roast Turkey & Gravy Mashed Potatoes Dinner Roll Green Beans Applesauce or Fresh Fruit	12 Italian Spaghetti Garlic Bread Peas & Carrots Pears or Fresh Fruit
15 Hawaiian Chicken & Vegetables Brown Rice Pineapple or Fresh Fruit Coconut Bun	16 Pizza or PB&J Cheesy Garlic Roll Marinara Carrots Pears or Fresh Fruit	17 Chow Mein Chinese Style Rice Peaches or Fresh Fruit Fortune Cookie	18 Chef's Salad Pita w/Hummus Dip Mandarin Oranges or Fresh Fruit	19 ½ Day End of Term Hot Dog Chili Topping Baked Fries Carrots/Ranch Fresh Fruit
22 No School  Love of Reading Week!	23 Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley "The Very Hungry Caterpillar" Fresh Fruit Salad	24  Green Eggs & Ham Wheat Toast Breakfast Potatoes Carrots & Celery Mandarin Oranges or Fresh Fruit	25 Shakespeare's "Julius Caesar" Chicken Wrap Celery & Cucumber Salad Slushy Fruit Cup or Fresh Fruit	26 "Cloudy with a Chance of Meatballs" Sandwich Baked Chips Celery & Cucumber Salad "James & the Giant Peach" Cobbler
29 Crunchy Tacos Salsa Mexican Beans Salad/Ranch Pears or Fresh Fruit	30 Pizza or PB&J Cheesy Garlic Roll Marinara Vegetable Medley Pineapple or Fresh Fruit	31 Chicken Tenders Baked Fries Vegetable Medley Apricots or Fresh Fruit	MILK is included with every meal. This institution is an equal opportunity provider.	Prices K-6 - \$2.25 7-8 - \$2.50 Adult - \$2.60 Milk - \$0.35



**Celebrate National Nutrition Month with us!!
Games, contests, great prizes!!**

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Registered Dietitian (R.D.)

- Registered Dietitians are the food and nutrition experts who can translate the science of nutrition into practical solutions for healthy living.
- Registered Dietitians have degrees in nutrition, dietetics, public health or a related field from well-respected, accredited colleges and universities, completed an internship and passed an examination.
- Registered Dietitians use their nutrition expertise to help individuals make unique, positive lifestyle changes.
- Registered Dietitians work throughout the community in hospitals, schools, public health clinics, nursing homes, fitness centers, food management, food industry, universities, research and private practice.
- Registered Dietitians are advocates for advancing the nutritional status of Americans and people around the world.



Breakfast Menu February 2010 National Nutrition Month



Monday	Tuesday	Wednesday	Thursday	Friday
1 Breakfast on a stick Scrambled egg Fresh Fruit Yogurt Orange Juice	2 Baked Oatmeal Berries or Mixed Fruit Yogurt Orange Juice	3 Whole Grain Pop Tarts Yogurt Fruit Orange Juice	4 Yogurt & Berry Parfait Wheat Toast Fresh Fruit Orange Juice	5 Raisin Bran Muffins Fresh Fruit Yogurt or Cottage Cheese Cran-Pomegranate Juice
8 Pancakes Fruit Compote Turkey Sausage Yogurt Orange Juice 	9 Baked Oatmeal Raisins or Berries Yogurt or Cottage Cheese Orange Juice	10 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Orange juice	11 Scrambled Eggs Turkey Sausage Wheat Toast Fresh Fruit Yogurt Orange Juice	12 Pumpkin Muffins Fresh Fruit Yogurt or Cottage Cheese Cran-Grape Juice 
National School Breakfast Week				
15 Waffles Turkey Sausage Fruit topping Yogurt Orange Juice	16 Baked Oatmeal Berries or Mixed Fruit Yogurt Orange Juice	17 Bagels & Cream Cheese Banana or Berries Yogurt or Cottage Cheese Orange Juice	18 Egg, Ham & Cheese Muffin Fresh Fruit Yogurt Orange Juice	19 Apple Muffins Fresh Fruit Yogurt or Cottage Cheese Gran-Pomegranate Juice
22 No School	23 Oatmeal Raisins or Berries Yogurt or Cottage Cheese Orange Juice	24 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Orange Juice	25 Ham, Egg & Potato Breakfast Burrito Applesauce Yogurt Orange Juice	26 Carrot Muffins Fresh Fruit Yogurt or Cottage Cheese Cran-Grape Juice
29 French Toast Fruit Compote Applesauce Yogurt Orange Juice	30 Baked Oatmeal Berries or Mixed Fruit Yogurt Orange Juice	31 Cold Cereal Variety Banana or Berries Yogurt or Cottage Cheese Orange Juice	Prices K-6 - \$1.25 7-8 - \$1.35 Adult - \$1.50 Milk - \$0.35	All meals include milk 

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