

August 2016

Freedom Christian Academy

LUNCH



K3-K4 1 lunch \$3.00 / 20 lunches \$50.00
K5-3rd 1 lunch \$3.50 / 20 lunches \$60.00
4th-6th 1 lunch \$4.00 / 20 lunches \$70.00
7th-12th 1 lunch \$4.50



Nutrition Tip: Practice stealth health - sneak veggies into favorite foods. Go light on the meat and top your pizza with vegetables like tomatoes, onions, bell peppers, mushrooms, zucchini, and artichoke hearts.



Monday

Tuesday

Wednesday

Thursday

Friday

1

2

3

4

5

8

9

10

11

12

15

16

17

18

19

22

23

24

25

26

29

30

31

Chicken tenders
Rice
Vegetable
Fruit

Cheeseburger
Chips
Vegetable
Fruit

Corn dog
French fries
Vegetable
Fruit

Chicken sliders
Mashed potatoes
Vegetable
Fruit

Ham
Mac and cheese
Vegetable
Fruit

Taco salad
Fruit

Pizza Inn

Chicken nuggets
French fries
Vegetable
Fruit

Fish
Mac and cheese
Vegetable
Fruit

Grilled cheese
Soup
Vegetable
Fruit

Ravioli
Garlic bread
Vegetable
Fruit

Pizza Inn

Hot dog
French fries
Vegetable
Fruit

Quesadilla
Chips and cheese
Vegetable
Fruit

Chicken patty
Mashed potatoes
Vegetable
Fruit

