

September 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
Spaghetti
Garlic bread
Vegetable
Fruit

2
Pizza Inn

5
Labor Day Holiday
No School

6
Chicken tenders
Mashed potatoes
Vegetable
Fruit

7
Meatballs
Noodles
Vegetable
Fruit

8
Grilled cheese
Soup
Fruit

9
Pizza Inn

12
Corn dog
French fries
Vegetable
Fruit

13
Chicken patty
Rice
Vegetable
Fruit

14
Taco Salad
Fruit

15
Cheeseburger
Chips
Vegetable
Fruit

16
Pizza Inn

19
Chicken nuggets
French fries
Vegetable
Fruit

20
Ravioli
Garlic bread
Vegetable
Fruit

21
Quesadilla
Chips and Cheese
Vegetable
Fruit

22
BBQ on bun
Chips
Vegetable
Fruit

23
Pizza Inn

26
Hot dog
French fries
Vegetable
Fruit

27
Chicken sliders
Rice
Vegetable
Fruit

28
Chicken fried beef steak
Rice
Vegetable
Fruit

29
Pinto beans
Hash brown casserole
Corn bread
Fruit

30
Pizza Inn