

# March 2017

# 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

6  
 Chicken tenders  
 French fries  
 Vegetable  
 Fruit

7  
 Ham  
 Mac and cheese  
 Vegetable  
 Fruit

8  
 Chicken fried beef steak  
 Mashed potatoes  
 Vegetable  
 Fruit

9  
 Ravioli  
 Garlic bread  
 Vegetable  
 Fruit

10  
**Chick-fil-A**

13  
**Spring Break**

14

15

16

17

20  
 Hot dog  
 French fries  
 Vegetable  
 Fruit

21  
 Chicken patty  
 Rice  
 Vegetable  
 Fruit

22  
 Meatballs  
 Noodles  
 Vegetable  
 Fruit

23  
 Grilled cheese  
 Soup  
 Vegetable  
 Fruit

24  
**Pizza Inn**

27  
 Chicken nuggets  
 French fries  
 Vegetable  
 Fruit

28  
 Quesadilla  
 Chips and cheese  
 Vegetable  
 Fruit

29  
 Cheeseburger  
 Chips  
 Vegetable  
 Fruit

30  
 Fish  
 Mac and cheese  
 Vegetable  
 Fruit

31  
**Pizza Inn**