

April 2017

Freedom Christian Academy



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

3

Corn dog
 French fries
 Vegetable
 Fruit

4

Ravioli
 Garlic bread
 Vegetable
 Fruit

5

Taco salad
 Fruit

6

Chicken patties
 Mashed potatoes
 Vegetable
 Fruit

7

Pizza Inn

10

Chicken tenders
 French fries
 Vegetable
 Fruit

11

Ham and cheese sliders
 Chips
 Vegetable
 Fruit

12

Meatballs
 Noodles
 Vegetable
 Fruit

13

Fish
 Mac and cheese
 Vegetable
 Fruit

14

Good Friday
No school

17

Staff Development
No school for students

18

Hot dog
 French fries
 Vegetable
 Fruit

19

Country fried beef steak
 Rice
 Vegetable
 Fruit

20

Cheeseburger sliders
 Chips
 Vegetable
 Fruit

21

Chick-fil-A

24

Chicken nuggets
 French fries
 Vegetable
 Fruit

25

Quesadilla
 Chips and cheese
 Vegetable
 Fruit

26

Spaghetti
 Garlic bread
 Vegetable
 Fruit

27

Soup
 Grilled cheese
 Fruit

28

Pizza Inn

