

May 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



Fitness Tip: MyPlate recommends:

- Children need at least 60 minutes of physical activity every day.
- Be active together as a family.
- Physical activity should be fun and offer variety.



Monday

1
Corn dog
French fries
Vegetable
Fruit

Tuesday

2
Chicken patty
Rice
Vegetable
Fruit

Wednesday

3
Taco salad
Fruit

Thursday

4
Cheeseburger
Chips
Vegetable
Fruit

Friday

5
Pizza Inn

8
Chicken tenders
French fries
Vegetable and Fruit
OR
Field Day: Hot dog, chips,
fruit, and cookie

9
Ravioli
Garlic bread
Vegetable
Fruit

10
Chicken tenders
French fries
Vegetable and Fruit
OR
Field Day: Hot dog, chips,
fruit, and cookie

11
Fish
Mac & cheese
Vegetable
Fruit

12
Pizza Inn

15
Chicken nuggets
French fries
Vegetable
Fruit

16
Ham and cheese sliders
Vegetable
Fruit

17
Country fried beef nuggets
Mashed potatoes
Vegetable
Fruit

18
Pizza Inn
Awards Day

19
1/s day
Dismiss at 11:00
No school lunch

22
**Have a fun, safe, and
restful summer!**

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