

September 2017

Freedom Christian Academy

LUNCH



K3-K4 1 lunch \$3.50 / 20 lunches \$70.00
 K5-3rd 1 lunch \$4.00 / 20 lunches \$80.00
 4th-6th 1 lunch \$4.50 / 20 lunches \$90.00
 7th-12th 1 lunch \$5.00



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
Pizza Inn

4
Labor Day
No School
No Child Care

5
 Chicken nuggets
 French fries
 Vegetable
 Fruit

6
 Ravioli
 Garlic bread
 Vegetable
 Fruit

7
 Cheeseburger
 Tater tots
 Vegetable
 Fruit

8
Pizza Inn

11
 Chicken strips
 French fries
 Vegetable
 Fruit

12
 Waffle with sausage
 Potato wedge
 Vegetable
 Fruit

13
 Hot dog
 Chips
 Vegetable
 Fruit

14
 Fish
 Mac and cheese
 Vegetable
 Fruit

15
Pizza Inn

18
 Chicken patty
 Potato wedge
 Vegetable
 Fruit

19
 Meat loaf or beef nuggets
 Creamed potatoes
 Peas
 Fruit

20
 Ravioli
 Garlic bread
 Vegetable
 Fruit

21
 Cheeseburger
 French fries
 Vegetable
 Fruit

22
Pizza Inn

25
 Quesadilla
 Chips and cheese
 Vegetable
 Fruit

26
 Hot ham & cheese sandwich
 Chips
 Vegetable
 Fruit

27
 Steak and gravy
 Creamed potatoes
 Vegetable
 Fruit

28
 Chicken sliders
 French fries
 Vegetable
 Fruit

29
Pizza Inn