

March 2018

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
 Fish sandwich
 Mac & cheese
 Vegetable
 Fruit

2
Pizza Inn

5
 Chicken nuggets
 Mashed potatoes
 Vegetable
 Fruit

6
 Corn dog
 Chips
 Vegetable
 Fruit

7
 Tacos
 Corn
 Vegetable
 Fruit

8
 Hamburger
 Chips
 Vegetable
 Fruit

9
½ Day of School
No Lunch

12
Spring Break

13
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14
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15
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16
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19
 Chicken strips
 Potatoes
 Vegetable
 Fruit

20
 Waffle
 Chicken
 Potato wedge
 Baked apples

21
 Chicken sandwich
 Potatoes
 Vegetable
 Fruit

22
 Quesadilla
 Corn
 Vegetable
 Fruit

23
Pizza Inn

26
 Grilled Cheese
 Green beans
 Carrots
 Fruit

27
 Tacos
 Corn
 Vegetable
 Fruit

28
 Ravioli
 Potato wedge
 Broccoli
 Fruit

29
 Hot dog
 Potato rounds
 Vegetable
 Fruit

30
Good Friday Holiday
No School