

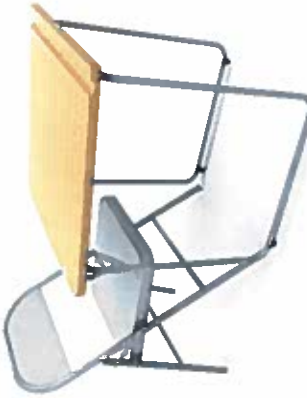
Back to school

Menus for August 2016

Freeport Elementary
Lunch and Breakfast Menu

Menu is subject to change depending on supply availability.
Walton County is an equal opportunity provider and employer.

Nobody learns if they're empty.



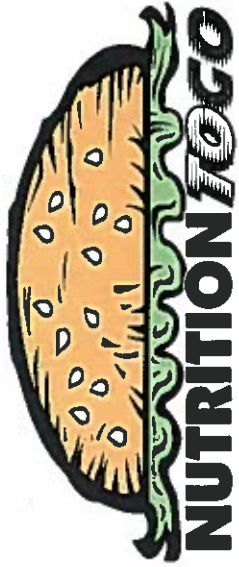
You can't keep the seats full if the kids aren't full, too. It's a fact: kids need to eat well to learn well. We hope you'll join us often this year!

Breakfast Lunch

Full price: \$1.85 Full price: \$2.60
Reduce price: \$.30 Reduce price: \$.40

Get in touch with us today to learn more about free and reduced-price meals at Freeport Elementary

892-1210



Tomatoes are one of the few foods that contain lycopene, which studies have shown to help prevent cancer. Your body absorbs more lycopene when a meal also contains a little fat, perhaps from olive oil or cheese. Cooked or processed tomatoes (as in tomato sauce) also increase lycopene absorption.

A TASTY MORSEL FOR PARENTS

EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.

WELLNESS IS A WAY OF LIFE!

This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!

The Nutrition Sleuth

Taking a closer look at the foods we eat . . .

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Calorie analysis of this typical School Lunch Combo:
Lasagna
Whole Grain Bread
Stick w/Butter
Green Beans
Watermelon
Total calories: 686
Calories from protein: 15%
Cal. from carbohydrates: 57%



Wednesday, August 10	<p>Breakfast waffle w/ syrup fruit milk</p> <p>Lunch hot dog french fries baked beans fruit milk</p>
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Thursday, August 11	<p>Breakfast pancakes w/ syrup fruit milk</p> <p>Lunch popcorn chicken vegetable fruit milk</p>
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Friday, August 12	<p>Breakfast pork sausage biscuit fruit milk</p> <p>Lunch cheese pizza salad carrot sticks fruit milk</p>
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Monday, August 15	<p>Breakfast breakfast pizza fruit milk</p> <p>Lunch corn dog broccoli carrot sticks yogurt, w/ graham crackers milk</p>
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Tuesday, August 16	<p>Breakfast honey bun fruit milk</p> <p>Lunch ham & cheese sandwich potato vegetables fruit milk</p>
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Wednesday, August 17	<p>Breakfast fruit & yogurt smoothie fruit milk</p> <p>Lunch ham & veggie wrap baked beans vegetables fruit milk</p>
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Thursday, August 18	<p>Breakfast mini waffles w/ syrup fruit milk</p> <p>Lunch cheese quesadilla salad refried beans fruit milk</p>
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Friday, August 19	<p>Breakfast pork sausage biscuit fruit milk</p> <p>Lunch pepperoni pizza potato wedges carrot sticks fruit milk</p>
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