



Liberty Traditional School Saddleback Campus November Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Select 2 items: Cheerios Cereal Apple Nutri-Grain Milk and a Grape 100% Juice	6 Select 2 items: Mini Cinnamon Bagel French Toast Crackers Milk and an Applesauce Cups	7 Select 2 items: Mini Wheats Cereal WG Cinn Poptart Milk and a Fresh Grapes	8 Select 2 items: WW Pan Dulce Cheddar Cheese Stick Milk and Sliced Apples	9 Select 2 items: Apple Cinnamon Muffin Go-gurt Milk and a Orange 100% Juice
12 Veteran's Day No School	13 Select 2 items: Bagel with Cream Cheese Bugs Bites GrahamCracker Milk and an Sliced Apples	14 Select 2 items: Apple Jacks Cereal WG Strawberry Poptart Milk and a Fresh Grapes	15 Select 2 items: WW Pan Dulce String Cheese Stick Milk and an Very Strawberry Applesauce	16 Select 2 items: Choc. Chip WG Muffin Go-gurt Milk and a Orange 100% Juice
19 Select 2 items: Froot Loop Cereal Strawberry Nutri-Grain Milk and a Grape 100% Juice	20 Select 2 items: Mini Cinnamon Bagel French Toast Crackers Milk and an Applesauce Cups	21 Thanksgiving Break No School	22 Thanksgiving Break No School	23 Thanksgiving Break No School
26 Select 2 items: Trix Cereal Berry Granola Bar Milk and a Grape 100% Juice	27 Select 2 items: Bagel with Cream Cheese Bugs Bites GrahamCracker Milk and an Sliced Apples	28 Select 2 items: Cinn.Toast Cereal WG Cinn Poptart Milk and a Fresh Grapes	29 Select 2 items: WW Pan Dulce String Cheese Stick Milk and an Very Strawberry Applesauce	30 Select 2 items: Blueberry Muffin Go-gurt Milk and a Orange 100% Juice

Choice of FF, 1% White milk is available for Breakfast. Raisins or Cranraisins are also available.
Choice of FF, 1% White milk and FF Chocolate milk is available for Lunch

Menu are subject to change without notice.

Applications for FREE and REDUCED Lunches are available at the Front Desk.

"This institution is an equal opportunity provider."



Liberty Traditional School November Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Hamburger Crinkle Cut French Fries Chilled Diced Peaches Milk	6 BBQ Chicken Drumstick Steamed Broccoli Florets Apple WG Biscuit Milk	7 Hot Diggity Dog Sweet Potato Tots Mixed Fruit Milk	8 Cheese Quesadilla Refried Beans Fresh Grapes Milk Salsa	9 Pretzel and Cheese Green Beans Diced Pears Milk
12 Veteran's Day No School	13 Sweet and Sour Chicken with Rice Steamed Broccoli Florets Banana Milk	14 Bean & Chs Chalupa Carrot Sticks Mixed Fruit Salsa Milk	15 Chicken Strips Ranchero Beans Orange Slices WG Biscuit Milk	16 Pepperoni Pizza on WG crust Mixed Vegetables Applesauce Milk
19 Chicken Pattie Sandwich Sweet Potato Fries Chilled Diced Peaches Milk	20 Grilled Chicken Breast Whipped Potatoes with Gravy Apple WG Dinner Roll Milk	21 Thanksgiving Break No School	22 Thanksgiving Break No School	23 Thanksgiving Break No School
26 Hamwich Sweet Potato Tots Chilled Diced Peaches Milk	27 Chicken Nuggets WG Whipped Potatoes Banana WG Biscuit Milk	28 Mini Chicken Tacos Refried Beans Mixed Fruit Salsa Milk	29 Orange Chicken with Rice Steamed Broccoli Florets Diced Pears Milk	30 Mozzarella Cheese Sticks with Dipping Sauce Green Beans Applesauce Milk

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