



# Liberty Traditional Saddleback January Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>
Select 2 items: Cocoa Puffs Cereal Cherry Frudel Milk and 100% Grape Juice	Select 2 items: Mini Cinnamon Bagel Bug Bites Graham Cracker Milk and a Sliced Apple	Select 2 items: Cinnamon Toast Cereal Whole-Grain Strawberry Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and Very Strawberry Applesauce	Select 2 items: Choc. Chip Whole-Grain Muffin Go-Gurt Milk and 100% Orange Juice
<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>
Select 2 items: Cheerios Cereal Strawberry Nutri-Grain Milk and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk and an Applesauce Cup	Select 2 items: Mini Wheats Cereal Whole-Grain Cinnamon Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce Cheddar Cheese Stick Milk and a Sliced Apple	Select 2 items: Apple Cinnamon Muffin Go-Gurt Milk and 100% Orange Juice
<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>
<b>Martin Luther King, Jr. Day</b>  <b>No School</b>	Select 2 items: Mini Cinnamon Bagel Bug Bites Graham Cracker Milk and a Sliced Apple	Select 2 items: Apple Jacks Cereal Whole-Grain Strawberry Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and Very Strawberry Applesauce	Select 2 items: Choc. Chip Whole-Grain Muffin Go-Gurt Milk and 100% Orange Juice
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
Select 2 items: Froot Loop Cereal Strawberry Nutri-Grain Milk and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk and an Applesauce Cup	Select 2 items: Lucky Charms Cereal Whole-Grain Cinnamon Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce Cheddar Cheese Stick Milk and a Sliced Apple	Select 2 items: Blueberry Muffin Go-Gurt Milk and 100% Orange Juice



Choice of Fat-Free or 1% White Milk available for breakfast. Raisins or Cranraisins are also available.

Fat-Free Chocolate, Fat-Free White, or 1% White Milk available for lunch.

"This institution is an equal opportunity provider."

Menus are subject to change without notice.

Applications for FREE and REDUCED lunches are available at the front desk.





## Liberty Traditional Saddleback January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>
Chicken Pattie Sandwich Smile Potatoes Chilled Diced Peaches Milk	Crispy Drumstick Steamed Broccoli Florets Banana Milk	Bean and Cheese Chalupa Carrot Sticks Mixed Fruit Salsa Milk	Chicken Strips Ranchero Beans Orange Slices Whole-Grain Biscuit Milk	Whole-Grain Spaghetti with Meat Sauce Mixed Vegetables Applesauce Milk
<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>
Cheeseburger Sweet Potato Fries Chilled Diced Peaches Milk	Blueberry Mini Pancakes Sausage Patty Smile Potatoes Apple Milk	Whole-Grain Grilled Cheese Sandwich Green Beans Mixed Fruit Milk	Beef Taco Bowl Refried Beans Fresh Grapes Salsa Milk	Lasagna Garden Salad with Dressing Diced Pears Wheat Breadstick Milk
<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>
<b>Martin Luther King, Jr. Day No School</b>	Chicken Nuggets Whole-Grain Whipped Potatoes Banana Whole-Grain Biscuit Milk	Bean and Cheese Nacho Bites Carrots/Celery Sticks Mixed Fruit Salsa Milk	BBQ Chicken Drumstick Steamed Broccoli Florets Diced Pears Milk	Pepperoni Pizza on a Whole-Grain crust Green Beans Applesauce Milk
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
Hamburger Whipped Potatoes Chilled Diced Peaches Milk	Grilled Chicken Breast Green Beans Apple Whole-Grain Biscuit Milk	Lit'l Smokies Ranchero Beans Mixed Fruit Whole-Grain Tortilla Milk	Chicken Fajitas with Torilla Carrot Sticks Fresh Grapes Salsa	Pretzel and Cheese Garden Salad with Dressing Diced Pears Milk



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## Liberty Traditional Saddleback January Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>7-Jan</b>	<b>8-Jan</b>	<b>9-Jan</b>	<b>10-Jan</b>	<b>11-Jan</b>
Cheez-It Crackers Applesauce Cups	Scooby Doo Graham Sticks Cheddar Cheese Stick	Rice Krispies Treat Apple	Strawberry Yogurt Chex Mix Carrotteenies	Elf Chocolate Graham Crackers String Cheese Stick
<b>14-Jan</b>	<b>15-Jan</b>	<b>16-Jan</b>	<b>17-Jan</b>	<b>18-Jan</b>
Cheese Ritz Bits Applesauce Cups	Bug Bites Graham Cracker Cheddar Cheese Stick	Chex Traditional Snack Mix Apple	Heartzels Pretzels Celery Sticks	Elf Graham Cracker String Cheese Stick
<b>21-Jan</b>	<b>22-Jan</b>	<b>23-Jan</b>	<b>24-Jan</b>	<b>25-Jan</b>
<b>Martin Luther King, Jr. Day No School</b>	Scooby Doo Graham Sticks Cheddar Cheese Stick	Rice Krispies Treat Apple	Strawberry Yogurt Chex Mix Carrotteenies	Elf Chocolate Graham Crackers String Cheese Stick
<b>28-Jan</b>	<b>29-Jan</b>	<b>30-Jan</b>	<b>31-Jan</b>	<b>1-Feb</b>
Cheese Ritz Bits Applesauce Cups	Bug Bites Graham Cracker Cheddar Cheese Stick	Chex Traditional Snack Mix Apple	Heartzels Pretzels Celery Sticks	Elf Graham Cracker String Cheese Stick



Choice of Fat-Free or 1% White Milk available for breakfast. Raisins or Cranraisins are also available.

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