



Liberty Traditional Saddleback September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
Labor Day No School	Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk (White) and Applesauce Cups	Select 2 items: Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk (White) and an Apple-Banana Twist Fruitable	Select 2 items: Cinnamon Toast Cereal Colby Jack Cheese Stick Milk (White) and Apple Twist Fruitable	Select 2 items: Blueberry Muffin Go-Gurt Milk (White) and 100% Orange Juice
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Select 2 items: Lucky Charms Cereal Lemon Chip Crisp Bar Milk (White) and 100% Grape Juice	Select 2 items: Cinnamon Raisin Bagel w/Cream Cheese Bug Bites Graham Cracker Milk (White) and Applesauce Cups	Select 2 items: French Toast Benefit Bar Chocolate Pop-Tart Milk (White) and an Apple-Banana Twist Fruitable	Select 2 items: Lemon Chip Crisp Bar Maple Brown-Sugar Granola Bar Milk (White) and an Apple Twist Fruitable	Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk (White) and 100% Orange Juice
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Select 2 items: Mini-Wheats Cereal Strawberry Yogurt Chex Mix Milk (White) and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk (White) and Applesauce Cups	Select 2 items: Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk (White) and an Apple-Banana Twist Fruitable	Select 2 items: Cinnamon Toast Cereal Bar Colby Jack Cheese Stick Milk (White) and an Apple Twist Fruitable	Select 2 items: Apple Cinnamon Muffin Go-Gurt Milk (White) and 100% Orange Juice
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk (White) and 100% Grape Juice	Select 2 items: Cinnamon Raisin Bagel w/Cream Cheese Elf Graham Cracker Milk (White) and Applesauce Cups	Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk (White) and an Apple-Banana Twist Fruitable	Select 2 items: Cheerios Cereal Maple Brown-Sugar Granola Bar Milk (White) and an Apple Twist Fruitable	Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk (White) and a Strawberry Craisins

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 September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
Labor Day No School	Chicken & Cheese Burrito Fiesta Corn Apple Milk	Turkey Corn Dog Mixed Vegetables Mixed Fruit Milk	Chicken & Waffle Sweet Potato Tots Fresh Grapes Milk	Cheese Pizza Steamed Broccoli Diced Pears Milk
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Hot Diggity Dog Smile Potatoes Peaches Milk	Nachos w/Cheese Refried Beans Banana Milk	Ham & Cheese Crossiant Green Beans Mixed Fruit Milk	Chicken Strips Honey Carrots Orange Slices Milk	Pepperoni Pizza Garden Salad with Dressing Applesauce Milk
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Chicken Drumstick with Roll Barbecue Beans Peaches Milk	Cheese Enchilada with Green Chile Sauce Fiesta Corn Apple Milk	Grilled Cheese Sandwich Mixed Vegetables Mixed Fruit Milk	Brunch for Lunch Pancake & Bacon Sweet Potato Fries Fresh Grapes Milk	Pepperoni Calzone with Marinara Cup Steamed Broccoli Diced Pears Milk
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Pork Egg Roll with Rice Carrot Coins Peaches Fortune Cookie Milk	Walking Taco Refried Beans Banana Milk	Chicken Pot Pie Green Beans Mixed Fruit Milk	Chicken Strips Whipped Potatoes Orange Slices Milk	Soft Pretzels w/Cheese Garden Salad w/Dressing Applesauce Milk

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.

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Liberty Traditional Saddleback September After-School Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2-Sep	3-Sep	4-Sep	5-Sep	6-Sep
Labor Day No School	Scooby Doo Graham Sticks Cheddar Cheese Cubes	Quaker Snack Mix Apple-Banana Twist Fruitable	Heartzels Pretzels Cheddar Cheese Cubes	Chili Cheese Cheetos Apple Twist Fruitable
9-Sep	10-Sep	11-Sep	12-Sep	13-Sep
Cheddar Chex Mix Applesauce Cups	Bunny & Friends Crackers Colby Jack Cheese Stick	Rice Krispies Treat Apple Twist Fruitable	White Cheddar Popcorn Cheddar Cheese Cubes	Chocolate Chip Cookie Apple-Banana Twist Fruitable
16-Sep	17-Sep	18-Sep	19-Sep	20-Sep
Cheese Ritz Bits Applesauce Cups	Baked BBQ Chips Cheddar Cheese Cubes	Cinnamon Crisp Chips Apple-Banana Twist Fruitable	Heartzels Pretzels Maple Brown-Sugar	Chili Cheese Cheetos Apple Twist Fruitable
23-Sep	24-Sep	25-Sep	26-Sep	27-Sep
Baked Cheese Balls Applesauce Cups	Baked Cheddar Sour Cream Chips Cheddar Cheese Stick	Brownie Apple-Banana Twist Fruitable	White Cheddar Popcorn String Cheese Stick	Chocolate Chip Cookie Apple Twist Fruitable



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