



Liberty Traditional Saddleback October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Select 2 items: Cheerios Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk, White Breakfast and Applesauce Cups	Select 2 items: Choc Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Cinnamon Toast Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Select 2 items: Lucky Charms Cereal Lemon Chip Crisp Bar Milk, White Breakfast and 100% Grape Juice	Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Bug Bites Graham Cracker Milk, White Breakfast and Applesauce Cups	Select 2 items: French Toast Benefit Bar Chocolate Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Fall Break No School	Fall Break No School	Fall Break No School	Fall Break No School	Fall Break No School
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Select 2 items: Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups	Select 2 items: Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice
10/2/	29-Oct	30-Oct	31-Oct	1-Nov
Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and 100% Grape Juice	Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker Milk, White Breakfast and Applesauce Cups	Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable	Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast and a 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 October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct
Hamburger Barbecue Beans Peaches Milk	Bean & Cheese Pupusa Fiesta Corn Apple Milk	Chicken Nuggets with Roll Green Beans Mixed Fruit Milk	Brunch for Lunch Pancake & Sausage Stick Sweet Potato Tots Fresh Grapes Milk	Pepperoni Calzone with Marinara Cup Steamed Broccoli Diced Pears Milk
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct
Lit'l Smokies Whipped Potatoes Peaches Milk	Chicken Quesadilla Refried Beans Banana Milk	Turkey Corn Dog Mixed Vegetables Mixed Fruit Milk	Grilled Cheese Sandwich Sunshine Carrots Orange Slices Milk	Half-Day No Lunch
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct
Fall Break No School	Fall Break No School	Fall Break No School	Fall Break No School	Fall Break No School
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct
Bacon Cheeseburger Barbecue Beans Peaches Milk	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
10/2/	29-Oct	30-Oct	31-Oct	1-Nov
Hot Diggity Dog Smile Potatoes Peaches Milk	Nachos with Cheese Refried Beans Banana Milk	Ham & Cheese Croissant Green Beans Mixed Fruit Milk	Chicken Strips Honey Carrots Orange Slices Milk	Pepperoni Pizza Garden Salad with Dressing Applesauce Milk

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

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