Liberty Traditional Saddleback							
October Breakfast Menu							
Monday	Tuesday	Wednesday	Thursday	Friday			
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct			
Select 2 items:	Select 2 items:	Select 2 items:	Select 2 items:	Select 2 items:			
Cheerios Cereal	Bagel with Cream Cheese	Choc Chip Benefit Bar	Cinnamon Toast Cereal	Chocolate Chip Whole-Grain Muffin			
Strawberry Yogurt	Scooby Doo Graham Sticks	Cinnamon Pop-Tart	Colby Jack Cheese Stick	Go-Gurt			
Chex Mix	Milk, White Breakfast	Milk, White Breakfast	Milk, White Breakfast	Milk, White Breakfast			
Milk, White Breakfast	and	and an	and an	and			
and	Applesauce Cups	Apple-Banana Twist Fruitable	Apple Twist Fruitable	100% Orange Juice			
100% Grape Juice							
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct			
Select 2 items:	Select 2 items:	Select 2 items:	Select 2 items:	Select 2 items:			
Lucky Charms Cereal	Cinnamon Raisin Bagel	French Toast Benefit Bar	Mini Donuts	Chocolate Chip Whole-Grain Muffin			
Lemon Chip Crisp Bar	with Cream Cheese	Chocolate Pop-Tart	Maple Brown Sugar	Go-Gurt			
Milk, White Breakfast	Bug Bites Graham Cracker	Milk, White Breakfast	Granola Bar	Milk, White Breakfast			
and	Milk, White Breakfast	and an	Milk, White Breakfast	and			
100% Grape Juice	and	Apple-Banana Twist Fruitable	and an	100% Orange Juice			
	Applesauce Cups		Apple Twist Fruitable				
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct			
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break			
No School	No School	No School	No School	No School			
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct			
Select 2 items:		Select 2 items:	Select 2 items:	Select 2 items:			
Select 2 items:	Select 2 items:	Select 2 items.	Select 2 items.	Select 2 items.			
Mini Wheats Cereal	Select 2 items: Bagel with Cream Cheese	Chocolate Chip Benefit Bar	Cheerios Cereal	Apple Cinnamon Muffin			
Mini Wheats Cereal	Bagel with Cream Cheese	Chocolate Chip Benefit Bar	Cheerios Cereal	Apple Cinnamon Muffin			
Mini Wheats Cereal Strawberry Yogurt	Bagel with Cream Cheese French Toast Crackers	Chocolate Chip Benefit Bar Cinnamon Pop-Tart	Cheerios Cereal Colby Jack Cheese Stick	Apple Cinnamon Muffin Go-Gurt			
Mini Wheats Cereal Strawberry Yogurt Chex Mix	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice 1-Nov			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items:	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items:	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items:	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items:	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice 1-Nov Select 2 items:			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker Milk, White Breakfast	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice 1-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast and a			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and 100% Grape Juice	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker Milk, White Breakfast and Applesauce Cups	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast and a 100% Orange Juice			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and 100% Grape Juice	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker Milk, White Breakfast and Applesauce Cups oice of Fat-Free or 1% White	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast and a 100% Orange Juice			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and 100% Grape Juice	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Elf Graham Cracker Milk, White Breakfast and Applesauce Cups oice of Fat-Free or 1% White Fat-Free Chocolate	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable aisins or Cranraisins are also a	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast and a 100% Orange Juice			
Mini Wheats Cereal Strawberry Yogurt Chex Mix Milk, White Breakfast and 100% Grape Juice 10/2/ Select 2 items: Cinnamon Toast Cereal Cherry Frudel Milk, White Breakfast and 100% Grape Juice	Bagel with Cream Cheese French Toast Crackers Milk, White Breakfast and Applesauce Cups 29-Oct 20-Oct 20-O	Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable 30-Oct Select 2 items: French Toast Benefit Bar Strawberry Pop-Tart Milk, White Breakfast and an Apple-Banana Twist Fruitable Milk available for breakfast. R	Cheerios Cereal Colby Jack Cheese Stick Milk, White Breakfast and an Apple Twist Fruitable 31-Oct Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk, White Breakfast and an Apple Twist Fruitable aisins or Cranraisins are also a Milk available for lunch.	Apple Cinnamon Muffin Go-Gurt Milk, White Breakfast and 100% Orange Juice I-Nov Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk, White Breakfast and a 100% Orange Juice			

1	LIBBRTY
	NUMBER

Liberty Traditional Saddleback

October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday		
30-Sep	1-Oct	2-Oct	3-Oct	4-Oct		
Hamburger	Bean & Cheese Pupusa	Chicken Nuggets with Roll	Brunch for Lunch	Pepperoni Calzone		
Barbecue Beans	Fiesta Corn	Green Beans	Pancake & Sausage Stick	with Marinara Cup		
Peaches	Apple	Mixed Fruit	Sweet Potato Tots	Steamed Broccoli		
Milk	Milk	Milk	Fresh Grapes	Diced Pears		
			Milk	Milk		
7-Oct	8-Oct	9-Oct	10-Oct	11-Oct		
Lit'l Smokies	Chicken Quesadilla	Turkey Corn Dog	Grilled Cheese Sandwich			
Whipped Potatoes	Refried Beans	Mixed Vegetables	Sunshine Carrots	Half-Day		
Peaches	Banana	Mixed Fruit	Orange Slices	No Lunch		
Milk	Milk	Milk	Milk			
14-Oct	15-Oct	16-Oct	17-Oct	18-Oct		
Fall Break	Fall Break	Fall Break	Fall Break	Fall Break		
No School	No School	No School	No School	No School		
21-Oct	22-Oct	23-Oct	24-Oct	25-Oct		
Bacon Cheeseburger	Chicken & Cheese Burrito	Turkey Corn Dog	Chicken & Waffle	Cheese Pizza		
Barbecue Beans	Fiesta Corn	Mixed Vegetables	Sweet Potato Tots	Steamed Broccoli		
Peaches	Apple	Mixed Fruit	Fresh Grapes	Diced Pears		
Milk	Milk	Milk	Milk	Milk		
10/2/	29-Oct	30-Oct	31-Oct	1-Nov		
Hot Diggity Dog	Nachos with Cheese	Ham & Cheese Croissant	Chicken Strips	Pepperoni Pizza		
Smile Potatoes	Refried Beans	Green Beans	Honey Carrots	Garden Salad with Dressing		
Peaches	Banana	Mixed Fruit	Orange Slices	Applesauce		
Milk	Milk	Milk	Milk	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.						
"This institution is an equal opportunity provider."						
MILK	Menus are subject to change without notice.					
Applications for FREE and REDUCED lunches are available at the front desk.						