

# LIBERTY TRADITIONAL SADDLEBACK

## January Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cheerios Cereal Milk and Applesauce Cups	5 Bagel with Cream Cheese Milk and 100% Grape Juice	6 Cinnamon Pop-Tart Milk and Mixed Fruit Cups	7 Scooby Doo Graham Sticks Milk and 100% Orange Juice	8 Blueberry Muffin Milk and Apple-Banana Twist Fruitable
11 Lucky Charms Cereal Milk and Applesauce Cups	12 Bagel with Cream Cheese Milk and 100% Grape Juice	13 Chocolate Chip Benefit Bar Milk and Mixed Fruit Cups	14 French Toast Crackers Milk and 100% Orange Juice	15 Whole Grain Chocolate Chip Muffin Milk and Apple-Banana Twist Fruitable
18 Martin Luther King, Jr. Day  No School	19 Bagel with Cream Cheese Milk and 100% Grape Juice	20 Cinnamon Pop-Tart Milk and Mixed Fruit Cups	21 Cinnamon Bun Crackers Milk and 100% Orange Juice	22 Apple Cinnamon Muffin Milk and Apple-Banana Twist Fruitable
25 Cinnamon Toast Cereal Milk and Applesauce Cups	26 Bagel with Cream Cheese Milk and 100% Grape Juice	27 French Toast Benefit Bar Milk and a Mixed Fruit Cup	28 Scooby Doo Graham Sticks Milk and 100% Orange Juice	29 Whole-Grain Banana Muffin Milk and a Apple-Banana Twist Fruitable

Choice of fat-free, 1% white milk is available for breakfast. Raisins or Cranraisins are also available.  
Choice of fat-free, 1% white milk and fat-free chocolate milk is available for lunch



Menu is subject to change without notice.



***“This institution is an equal opportunity provider.”***

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## January Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
4 Chicken Strips Green Beans Peaches Milk	5 Mini Chicken Tacos Refried Beans Red Delicious Apple Milk	6 Grilled Cheese Sandwich Carrot Sticks / Ranch Mixed Fruit Cups Milk	7 Deli Sub Sandwich Smile Potatoes Orange Slices Milk	8 Soft Pretzels with Cheese Broccoli Bites / Ranch Applesauce Cups Milk
11 Mini Corn Dogs Barbecue Beans Diced Pears Milk	12 Whole-Grain Bean & Cheese Burrito Celery Sticks Orange Slices Milk	13 Chicken Strips Sweet Potato Tots Mixed Fruit Cups Milk	14 Deli Sub Sandwich Potato Rounds Fresh Banana Milk	15 Cheese Pizza Broccoli Bites / Ranch Applesauce Cups Milk
18 MARTIN LUTHER KING, JR. DAY NO SCHOOL	19 Cheese Quesadilla Refried Beans Fresh Banana Milk	20 Grilled Cheese Sandwich Carrot Sticks / Ranch Mixed Fruit Cups Milk	21 Deli Sub Sandwich Smile Potatoes Orange Slices Milk	22 Pepperoni Pizza Broccoli Bites / Ranch Applesauce Cups Milk
25 Turkey Corn Dog Barbecue Beans Diced Pears Milk	26 Whole-Grain Bean & Cheese Burrito Celery Sticks Red Delicious Apple Milk	27 Chicken Strips Sweet Potato Tots Mixed Fruit Cups Milk	28 Deli Sub Sandwich Crinkle Cut French Fries Fresh Banana Milk	29 Pepperoni Pizza Broccoli Bites / Ranch Applesauce Cups Milk

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## January After-School Snack

Monday	Tuesday	Wednesday	Thursday	Friday
4 Cheez-It Crackers	5 Scooby Doo Graham Sticks	6 Quaker Snack Mix	7 Traditional Chex Mix	8 Chili Cheese Cheetos
11 Cheddar Chex Mix	12 Bunny & Friends Crackers	13 Cinnamon Crisp Chips	14 White Cheddar Popcorn	15 Chocolate Chip Cookie
18 MARTIN LUTHER KING, JR. DAY  NO SCHOOL	19 Baked BBQ Chips	20 Quaker Snack Mix	21 Cheddar Cheese Cubes	22 Chili Cheese Cheetos
25 Baked Cheese Balls	26 Baked Cheddar Sour Cream Chips	27 Cinnamon Crisp Chips	28 Traditional Chex Mix	29 Chili Cheese Cheetos

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