

Liberty Traditional School Douglas

OCTOBER



1% milk, fat free-flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	 <p>Blueberry Waffles Fresh Grapes Cheese Cubes</p> <p>Creamy Chicken Alfredo Steamed Broccoli Sliced Pears</p>	 <p>French Toast Sticks Cinnamon Applesauce Tiger Grahams</p> <p>Deli Sub Sandwich Baby Carrots / Ranch Sliced Strawberries</p>	 <p>Mini Cinnis 100% Fruit Juice String Cheese</p> <p>Chicken Posole / Chips Fiesta Beans Cinnamon Apple Slices</p>	<p>Double Chocolate Muffin Apple Grins Strawberry Go-Gurt</p> <p>Pepperoni Pizza Mixed Vegetables Melon Medley</p>
7	8	9	10	11
<p>Strawberry Pop-Tart 100% Fruit Juice Mini Honey Grahams</p> <p>Baked Mozzarella Celery Sticks / Ranch Cinnamon Applesauce</p>	 <p>Apple Frudel Sliced Pears Cheese Cubes</p> <p>Mandarin Chicken Bowl Broccoli Bites Sweet Orange Slices</p>	<p>Bagels & Cream Cheese Mixed Fresh Fruit Giant Vanilla Goldfish</p> <p>Cheeseburger Sliders Mixed Salad Greens Sliced Pears</p>	 <p>Mini Donuts 100 % Fruit Juice String Cheese</p> <p>Chicken Nuggets / Roll Baby Carrots / Ranch Fresh Grapes</p>	 <p>Carrot Top Muffin Fuzzy Kiwi Peach Yogurt</p> <p>No Lunch! Early Release!</p>
14	15	16	17	18
 <h1>Have A Great Fall Break!</h1>				
21	22	23	24	25
 <p>Cherry Apple Crunch Fresh Fruit Mix Chat Snacks</p> <p>Chili Bowl / Cornbread Sweet Corn Niblett's Sliced Peaches</p>	 <p>Strawberry Bagel Bar Sliced Strawberries Cheese Cubes</p> <p>Chicken Chow Mein Broccoli Bites Sweet Orange Slices</p>	 <p>Confetti Pancakes Gala Apple Slices Bunny Friends Grahams</p> <p>Ham & Cheese Croissant BBQ Baked Beans Cinnamon Apple Sauce</p>	<p>Maple Waffles 100% Fruit Juice String Cheese</p> <p>No Lunch! Early Release!</p>	 <p>Cinnamon Apple Loaf Sweet Orange Slices Vanilla Yogurt</p> <p>No Lunch! Early Release!</p>
28	29	30	31	
<p>Cinnamon UBR 100 % Fruit Juice Mini Honey Grahams</p> <p>Mini Corn Dogs Baby Bakers Fruit Cocktail</p> 	<p>Banana Muffin Fresh Fruit Mix Cheese Cubes</p> <p>Taco Tuesday! Steamed Broccoli Golden Bananas</p> 	<p>French Toast Sticks Sweet Orange Slices Tiger Grahams</p> <p>Cheese Quesadilla Baby Carrots / Ranch Fresh Grapes</p>	<p>Maple Waffles Melon Medley String Cheese</p> <p>Beefy GHOULASH! Mixed Vegetables Sweet Orange Slices</p>	 



Free Breakfast and Lunch for all students!

HAPPY HALLOWEEN



Meals are FREE for all students - no need to complete a meal application!
This institution is an Equal Opportunity Provider



Liberty Traditional School Douglas

October Snack Menu

Monday



Tuesday

Wednesday

Thursday

Friday

WG Graham Crackers & String Cheese

100 % Fruit Juice

Chex Mix
Apple Slices & Cherry Craisins

100 % Fruit Juice

WG Nacho Cheese Doritos

100 % Fruit Juice

Rainbow Goldfish Crackers

100 % Fruit Juice

WG Baked Cheetos

100 % Fruit Juice

WG White Cheddar Popcorn

100 % Fruit Juice

Cheez-Its
Fresh Fruit Variety & Strawberry Raisins

100 % Fruit Juice

No Aftercare Today

No Aftercare Today

No School Today

No School Today

No School Today

No School Today

No School Today

WG Cheddar Sun Chips

100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar

100 % Fruit Juice

Chex Mix
Apple Slices & Orange Craisins

100 % Fruit Juice

No Aftercare Today

No Aftercare Today

WG Graham Crackers & String Cheese

100 % Fruit Juice

WG Nacho Cheese Doritos

100 % Fruit Juice

Cheez-Its
Fresh Fruit Variety & Raspberry Raisins

100 % Fruit Juice

WG Rice Krispie Treat

100 % Fruit Juice



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MySchoolBucks.com