

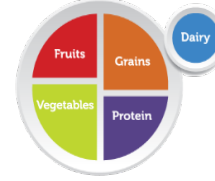
Liberty Traditional School Douglas



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.

NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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1
Apple Frudel
Golden Bananas
Strawberry Go-Gurt
Chicken Tortilla Soup
Refried Beans
Fresh Fruit Mix

4	5	6	7	8
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Strawberry Pop-Tart
100% Fruit Juice
Mini Honey Grahams
Chili Pie Walking Taco
Baked Potato Wedges
Cinnamon Applesauce

 *Confetti Pancakes*
Apple Grins
Cheese Cubes
Mac & Cheese w/Roll
BBQ Baked Beans
Sweet Orange Slices

Coco Puffs Cereal
Pineapple Fruit Cup
Giant Vanilla Goldfish
Cheeseburger Sliders
Mixed Vegetables
Sliced Pears

Bagel & Cream Cheese
100 % Fruit Juice
String Cheese
Chicken Fajita Stir Fry
Steamed Carrots
Melon Medley

 *Mini Donuts*
Purple Plums
Peach Yogurt
Pepperoni Pizza
Mixed Salad Greens
Fresh Grapes

11	12	13	14	15
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Thank You

Veterans

Carrot Top Muffin
Fresh Grapes
Cheese Cubes
Meatballs w/Cheese Bread
Mixed Vegetables
Sweet Orange Slices

Lucky Charms Cereal
Applesauce
Tiger Grahams

Deli Sub
Broccoli Bites
Gala Apple Slices

Blueberry Loaf
100% Fruit Juice
String Cheese
Beef Stroganoff / Roll
Roasted Corn
Fresh Grapes

 *Mini Cinnis*
Fuzzy Peaches
Vanilla Yogurt
Chili Bowl / Cornbread
Steamed Carrots
Melon Medley

18	19	20	21	22
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Cinnamon UBR
100% Fruit Juice
Bunny Friends Grahams
Chicken Nuggets /Roll
Roasted Corn
Sliced Peaches

 *Double Chocolate Muffin*
Apple Grins
Cheese Cubes
Sloppy Joes
BBQ Baked Beans
Sweet Orange Slices

Apple Jack's Cereal
Mandarin Fruit Cup
Honey Grahams
Cheese Quesadilla
Baby Carrots / Ranch
Cinnamon Applesauce

Fruit Loop Waffles
100% Fruit Juice
String Cheese
Spaghetti & Meatballs
Steamed Broccoli
Fresh Fruit Mix

Mini Donuts
Golden Bananas
Strawberry Go-Gurt
Pepperoni Pizza
Mixed Salad Greens
Melon Medley

25	26	27	28	29
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Lemon Chip Crunch
100% Fruit Juice
Mini Honey Grahams
Mini Corn Dogs
Baby Carrots / Ranch
Strawberry Fruit Cup

Cinnamon Cheerios
Fresh Grapes
Cheese Cubes
Thanksgiving Feast!
 



Free Breakfast and Lunch for all students!				
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Meals are FREE for all students - no need to complete a meal application!
This Institution Is An Equal Opportunity Provider.


Liberty Traditional School Douglas

November Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday

WG Cheddar Sun Chips 4
100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar 5
100 % Fruit Juice

Chex Mix 6
Apple Slices & Cherry Craisins

WG Heartzel Pretzels 7
100 % Fruit Juice

Rainbow Goldfish Crackers 1
100 % Fruit Juice

WG Rice Krispie Treat 8
100 % Fruit Juice

No School Today 11

WG Graham Crackers & String Cheese 12
100 % Fruit Juice

Cheez-Its 13
Fresh Fruit Variety & Strawberry Raisins

WG Baked Cheetos 14
100 % Fruit Juice

WG Nacho Cheese Doritos 15
100 % Fruit Juice

Cheddar Goldfish Crackers 18
100 % Fruit Juice

WG Chocolate Oatmeal Bar 19
100 % Fruit Juice

Chex Mix 20
Apple Slices & Cherry Craisins

WG Heartzel Pretzels 21
100 % Fruit Juice

WG Rice Krispie Treat 22
100 % Fruit Juice

WG Baked Cheetos 25
100 % Fruit Juice

WG Nacho Cheese Doritos 26
100 % Fruit Juice

No School Today 27

No School Today 28

No School Today 29

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