

# Liberty Traditional School Douglas FEBRUARY MENU



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.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
<i>Trix Cereal Bar</i> <i>100% Fruit Juice</i> <i>Honeybun Goldfish</i>  <b>Grilled Cheese</b> <b>BBQ Baked Beans</b> <b>Fresh Fruit Variety</b>	<i>Carrot Top Muffin</i> <i>Fuzzy Kiwi</i> <i>Cheese Cubes</i>  <b>Fish Sticks / Roll</b> <b>Garlic Green Beans</b> <b>Sweet Orange Slices</b>	<i>Mini Donuts</i> <i>Sliced Peaches</i> <i>Vanilla Chat Snacks</i>  <b>Deli Sub Sandwich</b> <b>Baby Carrots / Ranch</b> <b>Sweet &amp; Sour Apples</b>	<i>Super Pumpkin Bread</i> <i>Golden Bananas</i> <i>String Cheese</i>  <b>Hot Diggity Dog</b> <b>Steamed Broccoli</b> <b>Cinnamon Applesauce</b>	<i>Breakfast Bites</i> <i>Melon Medley</i> <i>Strawberry Yogurt</i>  <b>Pepperoni Pizza</b> <b>Roasted Corn</b> <b>Sliced Strawberries</b>
10	11	12	13	14
<i>Cinnamon UBR</i> <i>Sliced Peaches</i> <i>Mini Honey</i> <i>Grahams</i>  <b>Boneless Wings</b> <b>Crinkle Cut Potatoes</b> <b>Sweet Orange Slices</b>	<i>Bagel &amp; Cream</i> <i>Cheese</i> <i>Fresh Fruit Variety</i> <i>Cheese Cubes</i>  <b>Cowboy Burger</b> <b>BBQ Baked Beans</b> <b>Gala Apple Slices</b>	<i>Cherry Apple</i> <i>Crunch</i> <i>Golden Bananas</i> <i>Giant Vanilla</i> <i>Goldfish</i>  <b>Chicken Quesadilla</b> <b>Baby Carrots / Ranch</b> <b>Cinnamon Applesauce</b>	<i>Blueberry Muffin Top</i> <i>Sliced Pears</i> <i>String Cheese</i>  <b>Mini Corn Dogs</b> <b>Broccoli Bites</b> <b>Fresh Grapes</b>	<i>Coco Puffs Cereal</i> <i>Bar</i> <i>Fuzzy Kiwi</i> <i>Vanilla Yogurt</i>  <b>Rotini &amp; Meat Sauce</b> <b>Celery Sticks / Ranch</b> <b>Mixed Berries</b>
17	18	19	20	21
  	<i>Cheerios Cereal Bar</i> <i>Fruit Cocktail</i> <i>Cheese Cubes</i>  <b>BBQ Chicken / Roll</b> <b>Zesty Green Beans</b> <b>Sweet Orange Slices</b>	<i>Confetti Pancakes</i> <i>Fuzzy Kiwi</i> <i>Vanilla Chat Snacks</i>  <b>Croissant Sandwich</b> <b>Baby Carrots / Ranch</b> <b>Cinnamon Apple Slices</b>	<i>Super Banana Bread</i> <i>Sliced Pears</i> <i>String Cheese</i>  <b>Beef Taco Stick</b> <b>Steamed Broccoli</b> <b>Melon Medley</b>	<i>Mini Cinnis</i> <i>Fresh Grapes</i> <i>Strawberry Go-Gurt</i>  <b>Pepperoni Pizza</b> <b>Curly Q Potatoes</b> <b>Sliced Strawberries</b>
24	25	26	27	28
 <i>Apple Frudel</i> <i>100% Fruit Juice</i> <i>Honeybun Goldfish</i>  <b>Bosco Pepperoni Stick</b> <b>Vegetable Medley</b> <b>Sweet Orange Slices</b>	<i>Double Chocolate</i> <i>Muffin</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i>  <b>Baked Chicken Sandwich</b> <b>Steamed Broccoli</b> <b>Golden Bananas</b>	<i>French Toast Sticks</i> <i>Sliced Strawberries</i> <i>Mini Honey</i> <i>Grahams</i>  <b>Cheese Quesadilla</b> <b>Celery Sticks / Ranch</b> <b>Sweet &amp; Sour Apples</b>	<i>Strawberry Bagel Bar</i> <i>Cinnamon Applesauce</i> <i>String Cheese</i>  <b>Sloppy Joes</b> <b>Roasted Corn</b> <b>Fresh Fruit Variety</b>	 <b>Waffles with the</b> <b>Principal!</b>  <b>Chicken Tenders / Roll</b> <b>Sweet Potato Tots</b> <b>Melon Medley</b>

## Free Breakfast and Lunch for all students!

Meals are FREE for all students - no need to complete a meal application!  
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# LIBERTY TRADITIONAL SCHOOL DOUGLAS

## February Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<b>WG White Cheddar Popcorn</b> <b>3</b> 100 % Fruit Juice	<b>Rainbow Goldfish Crackers</b> <b>4</b> 100 % Fruit Juice	<b>Cheez-Its</b> <b>5</b> Fresh Fruit Variety & Orange Craisins	<b>WG Baked Sun Chips</b> <b>6</b> 100 % Fruit Juice	<b>WG Rice Krispie Treat</b> <b>7</b> 100 % Fruit Juice
<b>WG Chocolate Chip Oatmeal Bar</b> <b>10</b> 100 % Fruit Juice	<b>WG Graham Crackers &amp; String Cheese</b> <b>11</b> 100 % Fruit Juice	<b>Chex Mix</b> <b>12</b> Apple Slices & Raspberry Raisins	<b>WG Baked Cheetos</b> <b>13</b> 100 % Fruit Juice	<b>WG Strawberry Pop-Tart</b> <b>14</b> 100 % Fruit Juice
<b>No School Today</b> <b>17</b>	<b>WG Nacho Cheese Doritos</b> <b>18</b> 100 % Fruit Juice	<b>Cheez-Its</b> <b>19</b> Fresh Fruit Variety & Cherry Craisins	<b>WG White Cheddar Popcorn</b> <b>20</b> 100 % Fruit Juice	<b>WG Rice Krispie Treat</b> <b>21</b> 100 % Fruit Juice
<b>WG Baked Sun Chips</b> <b>24</b> 100 % Fruit Juice	<b>WG Baked BBQ Crisps</b> <b>25</b> 100 % Fruit Juice	<b>Chex Mix</b> <b>26</b> Apple Slices & Watermelon Raisins	<b>WG Graham Crackers &amp; String Cheese</b> <b>27</b> 100 % Fruit Juice	<b>WG Blueberry Nutri-Grain Bar</b> <b>28</b> 100 % Fruit Juice

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