



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.

March Menu


Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
 <p><i>Mini Donuts</i> 100% Fruit Juice Honeybun Goldfish</p> <p>Green Eggs & Ham Crispy Fish Sandwich Baked Potato Wedges Raspberry Sidekick</p>	<p><i>Carrot Top Muffin</i> <i>Golden Bananas</i> <i>Cheese Cubes</i></p> <p>Mandarin Chicken Steamed Broccoli Fresh Grapes</p>	<p><i>Wild berry Pancakes</i> <i>Grave Escapes</i> <i>Vanilla Chat Snacks</i></p> <p>Deli Sub Sandwich Baby Carrots / Ranch Cinnamon Apple Slices</p>	 <p><i>Cinnamon Bun</i> 100% Fruit Juice String Cheese</p> <p>Pepperoni Pizza Zesty Green Beans Fresh Grapes</p>	<p><i>Bagel & Cream Cheese</i> <i>Applesauce</i> <i>Peach Yogurt</i></p> <p>Early Release! No Lunch Today! No Afterschool Care!</p>
10	11	12	13	14




17	18	19	20	21
<p><i>Cherry Apple Crunch</i> 100% Fruit Juice Mini Honey Grahams</p> <p>Beefy Nacho Supreme Curly Q Potatoes Fresh Fruit Variety</p>	<p><i>Strawberry Bagel Bar</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i></p> <p>Sloppy Joe's Garlic Green Beans Sweet Orange Slices</p>	<p><i>French Toast Sticks</i> <i>Golden Bananas</i> <i>Vanilla Tiger Grahams</i></p> <p>Chicken Quesadilla Celery Sticks/ Ranch Gala Apple Slices</p>	 <p><i>Cinnamon Apple Loaf</i> 100% Fruit Juice String Cheese</p> <p>Early Release! No Lunch Today! No Afterschool Care!</p>	<p><i>Blueberry Muffin Top</i> <i>Apple Grins</i> <i>Vanilla Yogurt</i></p> <p>Early Release! No Lunch Today! No Afterschool Care!</p>
24	25	26	27	28
<p><i>Apple Frudel</i> 100% Fruit Juice Honey Bun Goldfish</p> <p>Chicken Poppers / Roll Roasted Corn Fresh Grapes</p>	 <p><i>Confetti Pancakes</i> <i>Apple Grins</i> <i>Cheese Cubes</i></p> <p>Spaghetti & Meat Sauce Broccoli Bites Sweet Orange Slices</p>	<p><i>Strawberry Bagel Bar</i> <i>Pineapple Fruit Cup</i> <i>Vanilla Chat Snacks</i></p> <p>Croissant Sandwich Baby Carrots / Ranch Cinnamon Apple Slices</p>	 <p><i>Froot Loop Waffles</i> 100% Fruit Juice String Cheese</p> <p>Cheesy Beef Burger BBQ Baked Beans Melon Medley</p>	<p><i>Double Chocolate Muffin</i> <i>Fresh Grapes</i> <i>Strawberry Go-Gurt</i></p> <p>Pepperoni Pizza Mixed Salad Greens Sliced Strawberries</p>
31				

 <p><i>Mini Finnic</i> 100% Fruit Juice Go Go Tiger Grahams</p> <p>Grilled Cheese Vegetable Medley Sweet Orange Slices</p>





Free Breakfast and Lunch for all students!



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



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MARCH SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
WG White Cheddar Popcorn 3 100 % Fruit Juice	WG Baked Cheetos 4 100 % Fruit Juice	Cheez-Its 5 Fresh Fruit Variety & Orange Craisins	WG Chocolate Oatmeal Bar 6 100 % Fruit Juice	No Aftercare Today 7
No School Today 10	No School Today 11	No School Today 12	No School Today 13	No School Today 14
WG Nacho Cheese Doritos 17 100 % Fruit Juice	Fudge Pop-Tart 18 100 % Fruit Juice	Chex Mix 19 Apple Slices & Watermelon Raisins	No Aftercare Today 20	No Aftercare Today 21
WG Baked BBQ Chips 24 100 % Fruit Juice	WG White Cheddar Popcorn 25 100 % Fruit Juice	Cheez-Its 26 Fresh Fruit Variety & Orange Craisins	WG Baked Cheetos 27 100 % Fruit Juice	WG Chocolate Chip Oatmeal Bar 28 100 % Fruit Juice
WG Graham Crackers & String Cheese 31 100 % Fruit Juice				



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