

Liberty Traditional School

Douglas

September 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
<div>   <h2>Free Breakfast and Lunch for all students!</h2>  </div>				
1	2	3	4	5
	 <p>Cinnamon Bun Red Apple Slices Cheese Cubes</p> <p>Chicken Tenders / Roll Tater Smiles Mixed Fruit</p> 	<p>Carrot Muffin Sliced Pears Honey bun Goldfish</p> <p>Deli Sub Sandwich Baby Carrots / Ranch Fresh Grapes</p>	 <p>Blueberry Waffles Golden Bananas String Cheese</p> <p>Rotini & Meat Sauce Broccoli Bites Sweet Orange Slices</p>	<p>Honey Bun Cinnamon Applesauce Vanilla Yogurt</p> <p>Backyard Grill Burger BBQ Baked Beans Sliced Watermelons</p>
8	9	10	11	12
 <p>Breakfast Bites Mixed Fruit Mini Honey Grahams</p> <p>Walking Taco Mexicali Corn Sweet Orange Slices</p>	 <p>Confetti Pancakes Sliced Pears Cheese Cubes</p> <p>Boneless Wings / Roll Steamed Broccoli Fresh Grapes</p> 	 <p>Apple Frudel Fuzzy Peaches Scooby Grahams</p> <p>Chicken Quesadilla Baby Carrots / Ranch Berry Kiwi Sidekick</p>	 <p>Banana Muffin Fresh Grapes String Cheese</p> <p>Hot Diggity Dog BBQ Baked Beans Cinnamon Apple Slices</p>	 <p>Mini Donuts Sliced Strawberries Peach Yogurt</p> <p>Pepperoni Pizza Mixed Salad Greens Melon Medley</p> 
15	16	17	18	19
<p>Super Pumpkin Bread Fresh Fruit Variety Vanilla Chat Snacks</p> <p>Baked Mozzarella Curly Q Potatoes Sliced Peaches</p> 	<p>No School!</p> 	<p>Cinnamon Apple Loaf Golden Bananas Bunny Friends</p> <p>Deli Sub Sandwich Baby Carrots / Ranch Fresh Grapes</p>	 <p>Strawberry Bagel Bar Purple Plums String Cheese</p> <p>Sloppy Joe BBQ Baked Beans Sliced Watermelons</p>	<p>Blueberry Muffin Top Nectarines Strawberry Go-Gurt</p> <p>Beef Taco Stick Zesty Green Beans Sweet & Sour Apples</p>
22	23	24	25	26
<p>Mini Caramel Cinnis Red Apple Slices Scooby Grahams</p> <p>Baked Chicken Drum Roasted Corn Fruit Cocktail</p> 	 <p>French Toast Sticks Diced Pears Cheese Cubes</p> <p>Chicken Poppers / Roll Refried Beans Mixed Berries</p>	<p>Double Chocolate Muffin Fuzzy Peaches Honey Bun Goldfish</p> <p>Beef Quesadilla Baby Carrots / Ranch Sour Cherry Sidekick</p>	<p>Bagel & Cream Cheese Sliced Strawberries String Cheese</p> <p>Chicken Alfredo Steamed Broccoli Sweet Orange Slices</p>	 <p>Mini Donuts Purple Plums Peach Yogurt</p> <p>Pepperoni Pizza Mixed Salad Greens Melon Medley</p> 
29	30	<div> <h3>Friendly Reminder - Liberty Traditional School will be providing FREE Breakfast and Lunch in the cafeteria daily!</h3> </div>		
<p>Blueberry Pancakes Mixed Fruit Vanilla Yogurt</p> <p>Mini Corn Dogs Baked Potato Wedges Cinnamon Apple Slices</p>	 <p>Cinnamon UBR Golden Bananas Cheese Cubes</p> <p>Chicken Eggroll / Rice Broccoli Bites Fresh Grapes</p> 			

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



Liberty Traditional School

September Snack Menu 2025



Monday

NO SCHOOL
TODAY

1

Tuesday

WG Cinnamon
Roll Crackers

2

100 % Fruit Juice

Wednesday

Cheex Mix

3

Apple Slices
&
Orange Craisins

Thursday

WG White
Nacho Cheese
Doritos

4

100 % Fruit Juice

Friday

WG Chocolate
Chip Oatmeal
Bar
&
String Cheese

5



WG Graham
Crackers
&
String Cheese

8

WG Scooby –
Doo Crackers

9

100 % Fruit Juice

Cheez – Its

10

Fresh Fruit
&
Lemonade Craisins

WG Maple
Waffle Crackers

11

100 % Fruit Juice

WG Rice
Krispie
Treat

12

Cheese Cubes

Rainbow
Goldfish
Crackers
&
String Cheese

15

NO SCHOOL
TODAY

16

Cheex Mix

17

Apple Slices
&
Strawberry Craisins

WG Cheddar
Sun chips

18

100 % Fruit Juice

WG Double
Chocolate Oatmeal
Bar

19

String Cheese

WG Graham
Crackers
&
String Cheese

22

WG Cinnamon
Roll Crackers

23

100 % Fruit Juice

Cheez – Its

24

Fresh Fruit
&
Watermelon Craisins

Goldfish Pretzel
Crackers

25

100 % Fruit Juice

WG Rice
Krispie
Treat

26

Cheese Cubes

WG White
Nacho Cheese
Doritos

29

100 % Fruit Juice

WG White
Cheddar
Popcorn

30

Cheese Cubes

