## **Liberty Traditional School**

Douglas

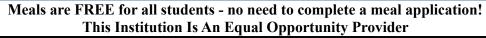
## September Menu



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.

September Werld						
Monday	Tuesday	Wednesday	Thursday	Friday		
Fruits Free Breakfast and						
Grains						
Vegetables Protein	7 🚄 Lunck	for all stud	lentel .			
Protein	Luncr	i jor ali stud	161112i			
4	and day connects	2	4			
	Z	3	D1 1 11/07	5 D		
	Cinnamon Bun	Carrot Muffin	Blueberry Waffles	Honey Bun		
HADDY O *	Red Apple Slices	Sliced Pears	Golden Bananas	Cinnamon Applesauce		
* * * * *	Cheese Cubes	Honey bun Goldfish	String Cheese	Vanilla Yogurt		
Javoc						
* * * DAI	Chicken Tenders / Roll	Deli Sub Sandwich	Rotini & Meat Sauce	Backyard Grill Burger		
	Tater Smiles	Baby Carrots / Ranch	Broccoli Bites	BBQ Baked Beans		
	Mixed Fruit	Fresh Grapes	Sweet Orange Slices	Sliced Watermelons		
8	9	10	<b>,</b> 11	12		
Breakfast Bites	Confetti Pancakes	Apple Frudel	Banana Muffin	Mini Donuts		
Mixed Fruit	Sliced Pears	Fuzzy Peaches	Fresh Grapes	Sliced Strawberries		
Mini Honey Grahams	Cheese Cubes	Scooby Grahams	String Cheese	Peach Yogurt		
Think Howey Granding	Circese emees	Second Gramams	Sir ing cheese	1 00001 108011		
Walking Taco	Boneless Wings / Roll	Chicken Quesadilla	Hot Diggity Dog	Pepperoni Pizza		
Mexicali Corn	Steamed Broccoli	Baby Carrots / Ranch	BBQ Baked Beans	Mixed Salad Greens		
Sweet Orange Slices	Fresh Grapes	Berry Kiwi Sidekick	Cinnamon Apple Slices	Melon Medley		
15	16	17	18	19		
Super Pumpkin Bread	M a la al	Cinnamon Apple Loaf	Strawberry Bagel Bar	Blueberry Muffin Top		
Fresh Fruit Variety	No School!	Golden Bananas	Purple Plums	Nectarines		
Vanilla Chat Snacks	1.0 00.001	Bunny Friends	String Cheese	Strawberry Go-Gurt		
	I A.A.A.A.A.A.A.		_	·		
Baked Mozzarella		Deli Sub Sandwich	Sloppy Joe	Beef Taco Stick		
Curly Q Potatoes		Baby Carrots / Ranch	BBQ Baked Beans	Zesty Green Beans		
Sliced Peaches		Fresh Grapes	Sliced Watermelons	Sweet & Sour Apples		
22	23	24	25	26		
Mini Caramel Cinnis	French Toast Sticks	Double Chocolate Muffin	Bagel & Cream Cheese	Mini Donuts		
Red Apple Slices	Diced Pears	Fuzzy Peaches	Sliced Strawberries	Purple Plums		
Scooby Grahams	Cheese Cubes	Honey Bun Goldfish	String Cheese	Peach Yogurt		
	d: 1 5 / 5 !!		eli late i			
Baked Chicken Drum	Chicken Poppers / Roll	Beef Quesadilla	Chicken Alfredo	Pepperoni Pizza		
Roasted Corn Fruit Cocktail	Refried Beans Mixed Berries	Babv Carrots / Ranch Sour Cherry Sidekick	Steamed Broccoli Sweet Orange Slices	Mixed Salad Greens  Melon Medley		
29	30	Sour Sherry Sidekick	Oweer orange onces	Meion Mediey		
Blueberry Pancakes	Cinnamon UBR					
Mixed Fruit	Golden Bananas					
Vanilla Yogurt	Cheese Cubes		der - Liberty Tradit			
vannia rogart	Cheese Cubes	will be providi	ng <u>FREE</u> Breakfast a	and Lunch in		
Mini Conn Dogs	Chieken Feenell / Dies		he cafeteria daily!			
Mini Corn Dogs	Chicken Eggroll / Rice					
Baked Potato Wedges	Broccoli Bites					
Cinnamon Apple Slices	Fresh Grapes					







## Liberty Traditional School September Snack Menu 2025

	Monday	Tuesday	Wednesday	Thursday	Friday
	NO SCHOOL	WG Cinnamon Roll Crackers	Chex Mix 3	WG White 4 Nacho Cheese	WG Chocolate Chip Oatmeal
	TODAY		Apple Slices &	Doritos	Bar &
		100 % Fruit Juice	Orange Craisins	100 % Fruit Juice	String Cheese
	WG Graham 8 Crackers	WG Scooby – 9 Doo Crackers	Cheez – Its 10	WG Maple Waffle Crackers	WG Rice Krispie
	& String Cheese		Fresh Fruit &		Treat
		100 % Fruit Juice	Lemonade Craisins	100 % Fruit Juice	Cheese Cubes
	Rainbow 15	16	Chex Mix 17	WG Cheddar 18	WG Double 19
	Goldfish	NO SCHOOL	A 1 60	Sun chips	Chocolate Oatmeal
	Crackers &	TODAY	Apple Slices &		Bar
	String Cheese		Strawberry Craisins	100 % Fruit Juice	String Cheese
	WG Graham 22 Crackers	WG Cinnamon Roll Crackers	Cheez – Its 24	Goldfish Pretzel 25 Crackers	WG Rice 26 Krispie
	&	non oracion	Fresh Fruit	Gracitors	Treat
	String Cheese		&		
		100 % Fruit Juice	Watermelon Craisins	100 % Fruit Juice	Cheese Cubes
	WG White 29	WG White 30	<u> </u>	_	2+2
	Nacho Cheese	Cheddar		+	
	Doritos	Popcorn		X	+
	100 % Fruit Juice	Cheese Cubes		muni	