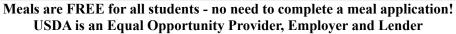
LIBERTY TRADITIONAL SCHOOL DOUGLAS



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.

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday			
Monuay	Tuesuay	vicunesuay	Inursuay	Triday			
Fruits Vegetables Protein Vegetables Protein Vegetables Vegetables Vegetables Protein							
		, 1	2	3			
		Cinnamon Bun	Blueberry Muffin Top	Super Banana Bread			
Free Break	xfast and 🗪 🗀	Fruit Cocktail	Fuzzy Peaches	Sliced Strawberries			
/ • \		Scooby Grahams	String Cheese	Strawberry Yogurt			
Lunch	tor all						
aturdanta!		Deli Sub Sandwich	Big Cheese Ravioli	Pepperoni Pizza			
students!		Celery Sticks / Ranch	Sweet Potato Fries	Mixed Salad Greens			
		Sweet Orange Slices	Golden Bananas	Melon Medley			
6	7	8	9	10			
Cinnamon UBR	French Toast Sticks	Strawberry Bagel Bar	Apple Frudel	Mini Donuts			
Fresh Grapes	Gala Apple Slices	Golden Bananas	Applesauce	Sliced Strawberries			
Mini Honey Grahams	Cheese Cubes	Bunny Grahams	String Cheese	Vanilla Yogurt			
Chicken Tenders /Roll	Teriyaki Chicken / Rice	Chicken Quesadilla	Backyard Grill Burger	No Lunch Today			
Baked Potato Wedges	Broccoli Bites	Baby Carrots / Ranch	Baby Carrots / Ranch	EARLY RELEASE!			
Mixed Fruit	Sweet Orange Slices	Fresh Grapes	Sliced Watermelon	L'INEI REEE ISE.			
13	14	15	16	17			
	ppy F	Fall B	reak				
20	21	22	23	24			
Trix Cereal Bar	Blueberry Waffles	Cinnamon Apple Loaf	Honevbun	Double Chocolate Muffin			
Mixed Fruit	Diced Peaches	Sliced Strawberries	Purple Plums	Golden Bananas			
Vanilla Chat Snacks	Cheese Cubes	Scooby Grahams	String Cheese	Peach Yogurt			
Nacho Supreme Curly Q Potatoes	Mandarin Chicken Bowl Vegetable Medley	Baby Carrots / Ranch	No Lunch Today EARLY RELEASE!	No Lunch Today EARLY RELEASE!			
Sliced Strawberries	Sweet Orange Slices	Fresh Grapes	20	21			
27 Mini Caramel Cinni's	28 French Toast Sticks	29 Confetti Pancakes	30 Cinnamon Bun	31 Super Pumpkin Bread			
Apple Slices	Fuzzy Kiwi	Diced Pears	Fresh Grapes	Melon Medley			
Mini Honey Grahams	Cheese Cubes	Bunny Grahams	String Cheese	Strawberry Go-Gurt			
Bosco Pepperoni Stick	Baked Chicken Drum	Beef Quesadilla	Sloppy Joes	Pepperoni Pizza			
Crinkle Cut Fries	BBQ Baked Beans	Celery Sticks / Ranch	Steamed Broccoli	Mixed Salad Greens			
Sliced Peaches	Mixed Berries	Gala Apple Slices	Sweet Orange Slices	Watermelon Slices			





Liberty Traditional School Douglas October Snack Menu

110	Monday	Tuesday	Wednesday	Thursday	Friday
			Chex Mix Apple Slices &	WG White 2 Nacho Cheese Doritos	WG Rice Krispie Treat
- 73			Orange Craisins	100 % Fruit Juice	Cheese Cubes
	WG Graham 6 Crackers & String Cheese	Rainbow 7 Goldfish Crackers & 100 % Fruit Juice	Cheez – It's 8 Fresh Fruit & Lemonade Craisins	WG Cheddar Sun chips 100 % Fruit Juice	NO AFTERCARE TODAY
	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY	NO SCHOOL TODAY
	WG white Cheddar popcorn 100 % Fruit Juice	WG Graham Crackers & String Cheese	Chex Mix 22 Apple Slices & Strawberry Craisins	NO 23 AFTERCARE TODAY	NO 24 AFTERCARE TODAY
	Goldfish Pretzel 27 Crackers	WG White Nacho Cheese Doritos	Cheez – It's 29 Fresh Fruit &	NO 30 AFTERCARE TODAY	WG Rice 31 Krispie Treat
	100 % Fruit Juice	100 % Fruit Juice	Watermelon Craisins		Cheese Cubes