

LIBERTY TRADITIONAL SCHOOL DOUGLAS

OCTOBER 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
Free Breakfast and Lunch for all students!		1 Cinnamon Bun Fruit Cocktail Scooby Grahams Deli Sub Sandwich Celery Sticks / Ranch Sweet Orange Slices	2 Blueberry Muffin Top Fuzzy Peaches String Cheese Big Cheese Ravioli Sweet Potato Fries Golden Bananas	3 Super Banana Bread Sliced Strawberries Strawberry Yogurt Pepperoni Pizza Mixed Salad Greens Melon Medley
6 Cinnamon UBR Fresh Grapes Mini Honey Grahams Chicken Tenders /Roll Baked Potato Wedges Mixed Fruit	7 French Toast Sticks Gala Apple Slices Cheese Cubes Teriyaki Chicken / Rice Broccoli Bites Sweet Orange Slices	8 Strawberry Bagel Bar Golden Bananas Bunny Grahams Chicken Quesadilla Baby Carrots / Ranch Fresh Grapes	9 Apple Frudel Applesauce String Cheese Backyard Grill Burger Baby Carrots / Ranch Sliced Watermelon	10 Mini Donuts Sliced Strawberries Vanilla Yogurt No Lunch Today EARLY RELEASE!
13	14	15	16	17
Happy Fall Break!				
20 Trix Cereal Bar Mixed Fruit Vanilla Chat Snacks Nacho Supreme Curly Q Potatoes Sliced Strawberries	21 Blueberry Waffles Diced Peaches Cheese Cubes Mandarin Chicken Bowl Vegetable Medley Sweet Orange Slices	22 Cinnamon Apple Loaf Sliced Strawberries Scooby Grahams Deli Sub Sandwich Baby Carrots / Ranch Fresh Grapes	23 Honeybun Purple Plums String Cheese No Lunch Today EARLY RELEASE!	24 Double Chocolate Muffin Golden Bananas Peach Yogurt No Lunch Today EARLY RELEASE!
27 Mini Caramel Cinni's Apple Slices Mini Honey Grahams Bosco Pepperoni Stick Crinkle Cut Fries Sliced Peaches	28 French Toast Sticks Fuzzy Kiwi Cheese Cubes Baked Chicken Drum BBQ Baked Beans Mixed Berries	29 Confetti Pancakes Diced Pears Bunny Grahams Beef Quesadilla Celery Sticks / Ranch Gala Apple Slices	30 Cinnamon Bun Fresh Grapes String Cheese Sloppy Joes Steamed Broccoli Sweet Orange Slices	31 Super Pumpkin Bread Melon Medley Strawberry Go-Gurt Pepperoni Pizza Mixed Salad Greens Watermelon Slices
Meals are FREE for all students - no need to complete a meal application! USDA is an Equal Opportunity Provider, Employer and Lender				

Liberty Traditional School Douglas

October Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday



WG Graham
Crackers
&
String Cheese

6

Rainbow
Goldfish
Crackers
&
100 % Fruit Juice

7

Chex Mix
Apple Slices
&
Orange Craisins

1

WG White
Nacho Cheese
Doritos
100 % Fruit Juice

2

WG Rice
Krispie
Treat
Cheese Cubes

3

Cheez – It's
Fresh Fruit
&
Lemonade Craisins

8

WG Cheddar
Sun chips
100 % Fruit Juice

9

NO
AFTERCARE
TODAY

10

NO SCHOOL
TODAY

13

NO SCHOOL
TODAY

14

NO SCHOOL
TODAY

15

NO SCHOOL
TODAY

16

NO SCHOOL
TODAY

17

WG white
Cheddar
popcorn
100 % Fruit Juice

20

WG Graham
Crackers
&
String Cheese

21

Chex Mix
Apple Slices
&
Strawberry Craisins

22

NO
AFTERCARE
TODAY

23

NO
AFTERCARE
TODAY

24

Goldfish Pretzel
Crackers
100 % Fruit Juice

27

WG White
Nacho Cheese
Doritos
100 % Fruit Juice

28

Cheez – It's
Fresh Fruit
&
Watermelon Craisins

29

NO
AFTERCARE
TODAY

30

WG Rice
Krispie
Treat
Cheese Cubes

31