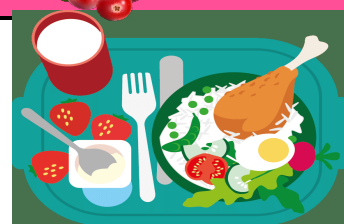
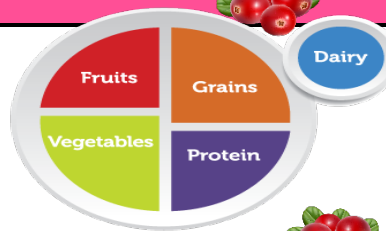


# Liberty Traditional School Douglas November Menu



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 |
|--------|---------|-----------|----------|--------|
|--------|---------|-----------|----------|--------|



|                                                                                                                                                 |                                                                                                                                       |                                                                                                                                                    |                                                                                                                                                |                                                                                                                                      |
|-------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|
| <b>3</b><br>Maple Pancakes<br>Peach Slices<br>Mini Honey Grahams<br><br>Chicken Nuggets /Roll<br>Crinkle Cut Potatoes<br>Mixed Berries          | <b>4</b><br>Blueberry Muffin Top<br>Applesauce<br>Cheese Cubes<br><br>Sloppy Joes<br>Garlic Green Beans<br>Sweet Orange Slices        | <b>5</b><br>Strawberry Bagel Bar<br>Fruit Cocktail<br>Vanilla Chat Snacks<br><br>Deli Sub Sandwich<br>Baby Carrots / Ranch<br>Strawberry Fruit Cup | <b>6</b><br>Double Chocolate Muffin<br>Fuzzy Kiwi<br>String Cheese<br><br>Chicken Posole<br>Refried Beans<br>Fresh Grapes                      | <b>7</b><br>Mini Donuts<br>Sliced Strawberries<br>Peach Yogurt<br><br>Pepperoni Pizza<br>Mixed Salad Greens<br>Melon Medley          |
| <b>10</b><br>Cinnamon UBR<br>Fresh Grapes<br>Bunny Friends Grahams<br><br>Ham Croissant-wich<br>Broccoli Bites<br>Fruit Cocktail                | <b>11</b><br><br>THANK YOU<br><b>VETERANS</b><br>FOR YOUR SERVICE                                                                     | <b>12</b><br>French Toast<br>Golden Bananas<br>Scooby Grahams<br><br>Chicken Quesadilla<br>Celery Sticks / Ranch<br>Fresh Grapes                   | <b>13</b><br>Blueberry Waffles<br>Applesauce<br>String Cheese<br><br>Chicken Alfredo<br>Mixed Salad Greens<br>Sweet Oranges Slices             | <b>14</b><br>Egg & Cheese Flatbread<br>Sliced Peaches<br>Strawberry Yogurt<br><br>Hot Diggity Dog<br>BBQ Baked Beans<br>Mixed Melons |
| <b>17</b><br>Apple Frudel<br>Mixed Berries<br>Honey Bun Goldfish<br><br>Nacho Supreme<br>BBQ Baked Beans<br>Applesauce                          | <b>18</b><br>Super Banana Bread<br>Fuzzy Kiwi<br>Cheese Cubes<br><br>Mandarin Chicken Bowl<br>Steamed Broccoli<br>Sweet Orange Slices | <b>19</b><br>Breakfast Sandwich<br>Diced Pears<br>Mini Honey Grahams<br><br>Deli Sub Sandwich<br>Baby Carrots / Ranch<br>Fresh Grapes              | <b>20</b><br>Confetti Pancakes<br>Sliced Peaches<br>String Cheese<br><br>Backyard Grill Burger<br>Baked Potato Wedges<br>Cinnamon Apple Slices | <b>21</b><br>Mini Donuts<br>Sliced Strawberries<br>Vanilla Yogurt<br><br>Pepperoni Pizza<br>Mixed Salad Greens<br>Melon Medley       |
| <b>24</b><br>Mini Caramel Cinnis<br>Mixed Fruit<br>Scooby Grahams<br><br>Popcorn Chicken / Roll<br>Celery Sticks / Ranch<br>Pineapple Fruit Cup | <b>25</b><br>Breakfast Bites<br>Golden Bananas<br>Strawberry Go-Gurt<br><br><b>Thanksgiving<br/>Feast!</b>                            | <b>26</b> <b>27</b> <b>28</b><br>                                                                                                                  |                                                                                                                                                |                                                                                                                                      |

**Free Breakfast and  
Lunch for all students!**

**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

## NOVEMBER SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Rainbow Goldfish Crackers & Cheese Cubes **3**

WG Cinnamon Crisp Crackers  
100 % Fruit Juice **4**

Chex Mix  
Apple Slices & Orange Craisins **5**

WG White Cheddar Popcorn  
100 % Fruit Juice **6**

WG Chocolate Chip Oatmeal Bar & 100 % Fruit Juice **7**

WG Bunny Friends Graham & String Cheese **10**

NO SCHOOL Today **11**

Cheez – Its  
Fresh Fruit & Lemonade Craisins **12**

WG White Nacho Cheese Doritos  
100 % Fruit Juice **13**

WG Rice Krispie Treat  
Cheese Cubes **14**

Cheddar Goldfish Crackers & 100 % Fruit Juice **17**

WG Cheddar Sun Chips  
100 % Fruit Juice **18**

Chex Mix  
Apple Slices & Strawberry Craisins **19**

WG Vanilla Chat Snacks  
Grahams & Cheese Cubes **20**

WG Chocolate Chip Oatmeal Bar & 100 % Fruit Juice **21**

Pretzel Goldfish Crackers & 100 % Fruit Juice **24**

NO Aftercare Today **25**

NO SCHOOL Today **26**

NO SCHOOL Today **27**

NO SCHOOL Today **28**