

Liberty Traditional School

Douglas

JANUARY 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
5 Fudge Pop-Tart 100% Fruit Juice Mini Honey Grahams Chicken Tenders / Roll Emoji Potatoes Fresh Fruit Variety	6 French Toast Sticks Applesauce Cheese Cubes Hot Diggity Dog Crinkle Cut Zucchini Sweet Orange Slices	7 Cereal Bar or Cereal Fruit Cocktail Vanilla Chat Snacks Deli Sub Sandwich Baby Carrots / Ranch Fresh Grapes	8 Blueberry Muffin Top Golden Bananas String Cheese Backyard Grill Burger BBQ Baked Beans Cinnamon Applesauce	9 Cinnamon Bun Mixed Melons Strawberry Go-Gurt Pepperoni Pizza Mixed Salad Greens Sliced Strawberries
12 Mini Donuts 100% Fruit Juice Bunny Friends Grahams Boneless Wings / Roll Roasted Corn Fresh Grapes	13 Honey Bun Golden Bananas Cheese Cubes Mesquite Chicken / Roll Carrot Coins Gala Apple Slices	14 Cereal Bar or Cereal Applesauce Scooby Grahams Chicken Quesadilla Celery Sticks/Ranch Sweet Orange Slices	15 Wildberry Pancakes Sliced Pears String Cheese Spaghetti & Meat Sauce Steamed Broccoli Sliced Peaches	16 Banana Muffin Cinnamon Apples Vanilla Yogurt Chili Bowl / Cornbread BBQ Baked Beans Melon Medley
19 	20 Caramel Mini Cinnis 100% Fruit Juice Cheese Cubes Beef Nacho Supreme Cali Blend Veggies Fresh Grapes	21 Cereal Bar or Cereal Sliced Peaches Mini Honey Grahams Deli Sub Sandwich Baby Carrots / Ranch Cinnamon Apple Slices	22 Maple Pancakes Applesauce String Cheese Mandarin Chicken Broccoli Bites Sliced Strawberries	23 Double Coco Muffin Golden Bananas Peach Yogurt Pepperoni Pizza Mixed Salad Greens Sweet Orange Slices
26 Apple Frudel 100% Fruit Juice Honey Bun Goldfish Chili Cheese Frito Bowl Baked Potato Wedges Golden Bananas	27 Super Banana Bread Fresh Grapes Cheese Cubes Meatballs & Mash Taters Vegetable Medley Gala Apple Slices	28 Cereal Bar or Cereal Mixed Fresh Fruit Bunny Friends Grahams Chicken Quesadilla Broccoli Bites Sweet Orange Slices	29 Strawberry Bagel Bar Sliced Strawberries String Cheese Macaroni & Cheese / Roll BBQ Baked Beans Fresh Grapes	30 Mini Donuts Fuzzy Kiwi Strawberry Go-Gurt Chicken Poppers / Roll Sweet Potato Fries Melon Medley

Free Breakfast and Lunch for all students!



Friendly Reminder - Liberty Traditional will be providing breakfast in the cafeteria daily!

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

JANUARY SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

5
Rainbow
Goldfish
Crackers
&
Cheese Cubes

6
WG Cinnamon
Crisp
Crackers

100 % Fruit Juice

7
Cheez – Its

Fresh Fruit
&
Lemonade Craisins

8
WG White
Cheddar
Popcorn

100 % Fruit Juice

9
WG Rice
Krispie
Treat

Cheese Cubes

12
WG White
Nacho Cheese
Doritos

100 % Fruit Juice

13
WG Cheddar
Sun Chips

100 % Fruit Juice

14
Chex Mix

Apple Slices
&
Orange Craisins

15
WG Bunny Friends
Grahams
& String Cheese

16
WG Fudge
Pop-Tart
&
100 % Fruit Juice

19
NO SCHOOL
Today

20
Pretzel
Goldfish
Crackers
&
100 % Fruit Juice

21
Cheez – Its

Fresh Fruit
&
Watermelon Craisins

22
WG
Vanilla Chat Snacks
Grahams
&
Cheese Cubes

23
WG Chocolate
Chip Oatmeal
Bar
&
100 % Fruit Juice

26
Cheddar Blast
Goldfish
Crackers
&
100 % Fruit Juice

27
WG Bunny Friends
Grahams
& String Cheese

28
Chex Mix

Apple Slices
&
Strawberry Craisins

29
WG White
Cheddar
Popcorn

100 % Fruit Juice

30
WG Rice
Krispie
Treat

Cheese Cubes