

# LIBERTY TRADITIONAL SCHOOL

## November Menu



Free Breakfast Daily in the cafeteria! In addition to menu items, we offer choice of Fat Free or 1% Low fat milk, reduced sugar cereal and a full service fruit and vegetable bar!

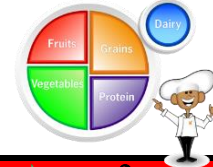
Apply Funds to your child's lunch Account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**UPCOMING THIS MONTH :**

**November 20th : Thanksgiving Feast**

**Family and Friends are Welcome to attend!**



		<b>1</b>		<b>2</b>	
		WG Super Donut Roasted Ham Slices  Lil' Nacho Bites Chicken Eggroll & Rice Steamed Carrots	Cinnamon UBR Crispy Bacon  Seafood Platter Beefy Goulash Steamed Broccoli		

<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Apple Frudel Roasted Ham Slices  Grilled Chicken Sandwich Chili & WG Cornbread Shoe String Potatoes	Cherry Muffin Crispy Bacon  Orange Chicken Bowl Crunchy Beef Tacos Bean & Cheese Bowl	Mini Cinni's Potato Baby Cakes  Tony's Pizza Vegetable Medley Diced Pears	Blueberry Loaf Sausage Links  Deli Sub Cheesy Lasagna Roll Up Sweet Potato Fries	Breakfast Burrito Hashbrown Patty  Chickn' Mash Tater Bowl Cheeseburger Steamed Broccoli American Hero Fruit Cup

<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
	Breakfast Sandwich Hash brown Patty Mini Corn Dogs Chicken Pozole Baked Tater Tots	Cinnamon Bagel Sausage Links Boneless Wings Green Beans Fresh Red Grapes	Mini Donuts Roasted Ham Slices Bean & Cheese Burrito Grilled Cheese Steamed Carrots	Maple Pancakes Crispy Bacon Shrimp Poppers Pizza Sticks Steamed Broccoli

<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Cinnamon Pop tart Scrambled Eggs BBQ Chicken / Roll Teriyaki Burger Baked Potato Wedges	Breakfast Bun Sausage Links  Thanksgiving Feast !			

<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
CoCo Dot Muffin Hash brown Patty Stuffed Crust Pizza Beefy Nacho Supreme Curly Fries	Cherry Frudel Roasted Ham Slices Spaghetti / Meatballs Breakfast 4 Lunch ! Mixed Vegetables	Pancake Sandwich Scrambled Eggs Chicken Tenders Baked Beans Apple Sauce	French Toast Sticks Sausage Patties Mini Chicken Tacos Pepperoni Lil' Bites Sweet Potato Fries	Raisin Bagel Potato Baby Cakes Crispy Fish Nuggets Pulled Pork Sandwich Steamed Broccoli

*This Institution Is An Equal Opportunity Employer and Provider*

**FREE HOT BREAKFAST DAILY IN THE CAFETERIA !**

# NOVEMBER 2018 SNACK MENU

## LIBERTY TRADITIONAL SCHOOL



Monday

Tuesday

Wednesday

Thursday

Friday



STRAWBERRY POP  
TART

5

100% FRUIT JUICE

WG REDUCED FAT  
DORITOS

6

100% FRUIT JUICE

CELERY STICKS /  
CRACKERS  
& LOW-FAT RANCH

7

FAT FREE MILK

STRING CHEESE &  
GRAHAM  
CRACKERS

1

100% FRUIT JUICE

BAKED FUNYUNS

2

100% FRUIT JUICE

WG BAKED CHEETOS

8

100% FRUIT JUICE

WG GOLDFISH  
PRETZELS

9

100% FRUIT JUICE

NO SCHOOL!

12

SLICED APPLES

13

FAT FREE MILK

RAINBOW BLAST  
GOLDFISH  
CRACKERS

14

100% FRUIT JUICE

STRING CHEESE &  
GRAHAM  
CRACKERS

15

100% FRUIT JUICE

WG CHEEZ ITS

16

100% FRUIT JUICE

CINNAMON ELF  
GRAHAMS

19

100% FRUIT JUICE

CARROT STICKS /  
CRACKERS  
& LOW-FAT RANCH

20

FAT FREE MILK

NO SCHOOL!

21

NO SCHOOL!

22

NO SCHOOL!

23

SLICED APPLES

26

FAT FREE MILK

WG REDUCED FAT  
DORITOS

27

100% FRUIT JUICE

BAKED FUNYUNS

28

100% FRUIT JUICE

WG BAKED  
CHEETOS

29

100% FRUIT JUICE

CINNAMON POP  
TART

30

100% FRUIT JUICE