

# Liberty Traditional School

## NOVEMBER MENU



Free Breakfast In the Classroom Daily! In addition to menu items, we offer Fat Free or 1% FF Milk, Fresh Fruit and Juice Variety !

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

Monday	Tuesday	Wednesday	Thursday	Friday
				1
				Mini Donuts Mini Oranges / Fruit Juice <b>Crispy Chicken Strips</b> <b>Corn Dog on a Stick</b> <b>Sweet Potato Crinkles</b>
4	5	6	7	8
Strawberry Pop Tart Craisins / Fruit Juice <b>Stuffed Crust Pizza</b> <b>Nacho Supreme</b> <b>Carrot Coins</b>	Cherry Apple Crunch Bar Fresh Bananas <b>Pork Carnitas</b> <b>Beefy Goulash</b> <b>Cheesy Refried Beans</b>	Donut Fritters Apple Sauce / Fruit Juice <b>Grilled Cheese</b> <b>Diced Peaches</b> <b>Mixed Vegetables</b>	Cinnamon UBR Sweet & Sour Apple <b>Sun butter &amp; Jelly</b> <b>Chicken Alfredo</b> <b>Steamed Broccoli</b>	Cherry Muffin Fresh Grapes / Fruit Juice <b>Chicken Posole'</b> <b>Hot Diggity Dog</b> <b>Baked Potato Wedges</b>
11	12	13	14	15
	Cinnamon Cream Bagel Apple Chips / Fruit Juice <b>Mesquite Chicken / Roll</b> <b>Beef Quesadilla</b> <b>Baked Potato Wedges</b>	Blueberry Muffin Fresh Pears <b>BBQ Pulled Pork</b> <b>Mixed Fruit</b> <b>Green Beans</b>	Cherry Frudel Sliced Apples / Fruit Juice <b>Mandarin Chicken Bowl</b> <b>Sloppy Joe's</b> <b>Sweet Potato Tots</b>	Lemon Chip Crunch Bar Mini Oranges / Fruit Juice <b>Spaghetti &amp; Meat sauce</b> <b>Crispy Fish Sticks</b> <b>Steamed Broccoli</b>
18	19	20	21	22
Team Cheerios Cereal Bar Craisins / Fruit Juice <b>Soft Pretzel</b> <b>Mini Pizza Pockets</b> <b>Carrot Coins</b>	Breakfast Honey Bun Fresh Bananas <b>Beef Stew Bowl</b> <b>Tuna Salad / Crackers</b> <b>Mashed Taters</b>	Coco Dot Muffin Apple Sauce / Fruit Juice <b>Tony's Pizza</b> <b>Sliced Sweet Pears</b> <b>Vegetable Medley</b>	Mini Cinni's Red Delicious Apple <b>Ravioli &amp; Meat sauce</b> <b>Cheesy Burger</b> <b>Steamed Broccoli</b>	Strawberry Bagel Bar Fresh Grapes / Fruit Juice <b>Nacho Bites</b> <b>Chicken Fajitas</b> <b>Refried Beans</b>
25	26	27	28	29
Fudge Pop tart Rainbow Gala Apple <b>Bosco Stick</b> <b>Mixed Fruit</b> <b>Crispy Tater Tots</b>	Blueberry Vanilla Bites Apple Chips / Fruit Juice <b>Thanksgiving Feast!</b> 			

Meal Price - \$2.85

Reduced Meal Price- \$0.40

Ala Carte Milk - \$0.50

Side Fruit/Vegetable \$0.75

Adult Meal Lunch - \$3.65

**Did you know :** Apples are a fall staple fruit! It takes about 36 apples to create one gallon of apple cider. Apple trees take four to five years to produce their first fruit, and they are a member of the rose family. In France, candy apples are called pommes d'amour, or love apples. Apples are said to be the fruit of knowledge, which is why teacher's love them!



This Institution Is An Equal Opportunity Provider  
**FREE BREAKFAST DAILY IN THE CLASSROOM !**



# NOVEMBER 2019

## LIBERTY TRADITIONAL SCHOOL

# SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

4

WG CHEEZ IT  
CRACKERS  
100 % FRUIT JUICE

5

CINNAMON GRIPZ  
& STRING CHEESE  
100 % FRUIT JUICE

6

WG GOLDFISH  
PRETZELS  
100 % FRUIT JUICE

7

STRAWBERRY  
CHEX MIX  
100 % FRUIT JUICE

1

WG BAKED CHEETOS  
100 % FRUIT JUICE

8

REDUCED FAT  
NACHO CHEESE  
DORITOS  
100 % FRUIT JUICE

11

NO SCHOOL!

12

BLUE BERRY  
NUTRI-  
GRAIN BAR  
100 % FRUIT JUICE

13

WG BAKED FUNYUNS  
100 % FRUIT JUICE

14

STRAWBERRY  
CHEX MIX  
100 % FRUIT JUICE

15

CINNAMON POP TART  
FAT FREE MILK

18

WG BAKED CHEETOS  
100 % FRUIT JUICE

19

WG CHEEZ IT  
CRACKERS  
100 % FRUIT JUICE

20

CHOCOLATE ELF GRAHAMS  
100 % FRUIT JUICE

21

WG CHEDDAR  
GOLDFISH  
100 % FRUIT JUICE

22

APPLE CINNAMON  
NUTRI-  
GRAIN BAR  
100 % FRUIT JUICE

25

REDUCED FAT  
COOL RANCH  
DORITOS  
100 % FRUIT JUICE

26

STRAWBERRY  
CHEX MIX  
100 % FRUIT JUICE

27

NO SCHOOL!

28

NO SCHOOL!

29

NO SCHOOL!

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MY  
SCHOOL  
BUCKS

PAY FOR MEALS ONLINE  
MySchoolBucks.com

