














Liberty Traditional School

January 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

Monday	Tuesday	Wednesday	Thursday	Friday
6	7	8	9	10
 Strawberry Pop tart Rainbow Gala Apple Baked Mozzarella Crispy Chicken Tenders Green Beans	 Mini Donuts Apple Chips / Fruit Oven baked Chicken Chicken Pozole Mashed Potatoes	 Cherry Muffin Fresh Pears Tony's Pizza Diced Carrots Mixed Fruit	 Lemon Chip Crunch Craisins / Fruit Juice Philly Cheesesteak Porky Mac & Cheese Steamed Broccoli	 Strawberry Cream Bagel Fresh Grapes / Fruit Juice Seafood Platter Beef Walking Taco Refried Beans
13	14	15	16	17
Cheerios Cereal Bar Craisins / Fruit Juice Stuffed Crust Pizza Soft Pretzel w/Cheese Steamed Broccoli	Blueberry Vanilla Bites Fresh Bananas Meatball Sub Chicken Alfredo Sweet Potato Fries	Donut Fritters Apple Sauce / Fruit Tony's Pizza Sliced Sweet Pears Roasted Corn	 Cinnamon UBR Sweet & Sour Apple Ravioli w/Meat sauce Deli Sub Sandwich BBQ Baked Beans	 Cherry Muffin Mini Oranges / Fruit Juice Filet 0' Fish Sandwich Chili Bowl w/Cornbread Mixed Vegetables
20	21	22	23	24
 I Have A Dream Martin Luther King, Jr. Day Cinnamon Cream Bagel Apple Chips / Fruit Juice Nacho Supreme Breakfast For Lunch! Cheesy Refried Beans	Cinnamon Cream Bagel Apple Chips / Fruit Juice Nacho Supreme Breakfast For Lunch! Cheesy Refried Beans	 Blueberry Muffin Fresh Pears Bosco Stick Mixed Fruit Green Beans	Cherry Frudel Sliced Apples / Fruit Juice Sun butter Sandwich Spaghetti & Meatballs Carrot Coins	 Mini Donuts Fresh Grapes / Fruit Juice Crispy Fish Sticks Albondigas Soup Tater Tots
27	28	29	30	31
 Fudge Pop tart Craisins / Fruit Juice Pizza Pockets BBQ Roasted Chicken Shoe String Potatoes	Breakfast Honey Bun Fresh Bananas Chicken Eggroll w/Rice Crispy Clucker Oven Baked Beans	Coco Dot Muffin Apple Sauce / Fruit Juice Boneless Wings Diced Peaches Mixed Vegetables	 Mini Cinni's Red Delicious Apple Hot Ham/Cheese Bun Lasagna Roll Up Steamed Broccoli	 Cinnamon Raisin Bagel Mini Oranges / Fruit Juice Shrimp Poppers Mini Chicken Tacos Sweet Potato Tots



Did you know : The tradition of eating 12 grapes at midnight comes from Spain. In the southern US, black-eyed peas and pork foretell good fortune. In India and Pakistan, rice promises prosperity. Apples dipped in honey are a Rosh Hashanah (Jewish New Year) tradition.

Meal Price - \$2.85
 Reduced Meal Price- \$0.40
 Ala Carte Milk - \$0.50
 Side Fruit/Vegetable \$0.75
 Adult Meal Lunch - \$3.65



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



JANUARY 2020

Liberty Traditional School

SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday



100 % Fruit Juice

6
Strawberry Nurtigrain Bar
100 % Fruit Juice

13
Strawberry Chex Mix
100 % Fruit Juice

20
NO SCHOOL

27
WG Cheez -IT Crackers
100 % Fruit Juice

100 % Fruit Juice

7
WG Funyuns
100 % Fruit Juice

14
WG Cheddar Goldfish
100 % Fruit Juice

21
Cinnamon Elf Grahams
100 % Fruit Juice

28
WG Goldfish Pretzels
100 % Fruit Juice

1
String Cheese & Crackers
100 % Fruit Juice

8
Reduce Fat Nacho Nacho Cheese Doritos
100 % Fruit Juice

15
Cinnamon Pop tart
100 % Fruit Juice

22
WG Funyuns
100 % Fruit Juice

29
WG Baked Cheetos
100 % Fruit Juice

2
WG Baked Cheetos
100 % Fruit Juice

9
Chocolate Elf Grahams
100 % Fruit Juice

16
WG Baked Cheetos
100 % Fruit Juice

23
Blueberry Nurtigrain Bar
100 % Fruit Juice

30
String Cheese & Crackers
100 % Fruit Juice

3
WG Goldfish Pretzels
100 % Fruit Juice

10
WG Cheez -IT Crackers
100 % Fruit Juice

17
String Cheese & Crackers
100 % Fruit Juice

24
Reduce Fat Nacho Nacho Cheese Doritos
100 % Fruit Juice

31
Strawberry Chex Mix
100 % Fruit Juice