

Liberty Traditional School Phoenix DECEMBER MENU



1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Fruit and Veggie Bar available daily for breakfast and lunch!



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<i>Breakfast Bites</i> <i>Fruit Cocktail</i> <i>Scrambled Eggs</i> Chicken Nacho Supreme Refried Beans Fresh Fruit Mix	<i>Sausage Bagels</i> <i>Fuzzy Kiwi</i> <i>Vanilla Yogurt</i> Teriyaki Chicken / Rice Green Beans Sweet Orange Slices	<i>Egg/Cheese Flatbread</i> <i>Fresh Fruit Mix</i> <i>Hash Brown Patties</i> Regular or Spicy Boneless Wings Baby Carrots / Ranch Sliced Pears	<i>Blueberry Pancakes</i> <i>Golden Bananas</i> <i>Crispy Bacon</i> Spaghetti / Meatballs Steamed Broccoli Melon Medley	<i>Breakfast Sandwich</i> <i>Sliced Strawberries</i> <i>Peach Yogurt</i> Stuffed Crust Cheese Or Pepperoni Pizza Tater Tots Fresh Grapes
9	10	11	12	13
<i>Strawberry Pop-Tart</i> <i>Applesauce</i> <i>Cheese Cubes</i> Grilled Cheese BBQ Baked Beans Diced Pears	<i>Pancake on a Stick</i> <i>Fresh Fruit Mix</i> <i>Potato Baby Cakes</i> Chicken Tater Bowl Mixed Vegetables Sweet Orange Slices	<i>Cinnamon Oatmeal</i> <i>Golden Bananas</i> <i>Scrambled Eggs</i> Bosco Pepperoni Stick Baby Carrots / Ranch Gala Apple Slices	<i>Baked Cinnamon Rolls</i> <i>Sliced Pears</i> <i>Sausage Links</i> BBQ Chicken Flatbread Steamed Broccoli Fresh Grapes	<i>French Toast Sticks</i> <i>Cinnamon Apples</i> <i>Strawberry Yogurt</i> Chicken Posole Mexicali Corn Melon Medley
16	17	18	19	20
<i>Froot Loop Waffles</i> <i>Sliced Peaches</i> <i>Crispy Bacon</i> Funyuns Crunch Burger Roasted Corn Golden Bananas	<i>Pancake Sandwich</i> <i>Fresh Fruit Mix</i> <i>Vanilla Yogurt</i> Pork Tamales Steamed Broccoli Sweet Orange Slices	<i>Breakfast Burrito</i> <i>Fuzzy Kiwi</i> <i>Hash Brown Patties</i> Regular or Spicy Chicken Sandwich Baby Carrots / Ranch Cinnamon Applesauce	<i>Mini Donuts</i> <i>Sliced Pears</i> <i>Scrambled Eggs</i> Galaxy Cheese Pizza Celery Sticks / Ranch Mixed Berry Fruit Cup	



Free Breakfast and Lunch for all students!

Friendly Reminder - Heritage Elementary will be providing HOT Breakfast with many additional offerings on the fruit bar in the cafeteria daily!

Meals are FREE for all students - no need to complete a meal application!
This Institution Is An Equal Opportunity Provider

LIBERTY TRADITIONAL SCHOOL DECEMBER SNACK MENU



Monday	Tuesday	Wednesday	Thursday	Friday
Rainbow Goldfish Crackers 2 100 % Fruit Juice	WG Graham Crackers & String Cheese 3 100 % Fruit Juice	Cheez-Its 4 Fresh Fruit Variety & Strawberry Raisins	WG Cheddar Sun Chips 5 100 % Fruit Juice	WG Baked Cheetos 6 100 % Fruit Juice
WG Heartzel Pretzels 9 100 % Fruit Juice	WG Chocolate Chip Oatmeal Bar 10 100 % Fruit Juice	Chex Mix 11 Apple Slices & Cherry Craisins	WG Nacho Cheese Doritos 12 100 % Fruit Juice	WG Rice Krispie Treat 13 100 % Fruit Juice
WG Nacho Cheese Doritos 16 100 % Fruit Juice	WG White Cheddar Popcorn 17 100 % Fruit Juice	Cheez-Its 18 Fresh Fruit Variety & Strawberry Raisins	19 No After Care Today	20 No School Today
23 No School Today	24 No School Today	25 No School Today	26 No School Today	27 No School Today
30 No School Today	31 No School Today			

