## Liberty Traditional School

**Phoenix** 

## **AUGUST 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                               |
|-------------------------------------|------------------------------------|---|-----------------------------|--------------------------------------|
|                                     |                                    | (mis)   | July 31st                   | August 1st                           |
|                                     |                                    |   | Blueberry Pancakes          | 🚁 Egg / Cheese                       |
| Fruits Cosing Dairy                 |                                    |   | Fresh Fruit Variety         | Purple Plums                         |
| Grains                              |                                    |   | Crispy Bacon                | Peach Yogurt                         |
| Vegetables Protein                  |                                    | ack!  |                             | Cheese Or                            |
|                                     | . * * *                            | × + W   | Hot Diggity Dog             | Pepperoni Pizza                      |
|                                     | ahutteratsok                       | Park M ceptions<br>conditional per            | BBQ Baked Beans             | Mixed Salad Greens                   |
| Town the second                     |                                    |   | Sweet Orange Slices         | Melon Medley                         |
| 4                                   | 5                                  | 6   | 7                           | 8                                    |
| Double Chocolate Muffin             | Cinnamon Rolls                     | Biscuits / Gravy                              | Blueberry Oatmeal           | Breakfast Sandwich                   |
| Sliced Peaches                      | Fuzzy Kiwi                         | Sliced Pears                                  | Golden Bananas              | Cinnamon                             |
| String Cheese                       | Hash Brown Patties                 | Sausage Links                                 | Scrambled Eggs              | Vanilla Yogurt                       |
| Beefy Walking Taco                  | Beef Penne Pasta / Roll            | Beef Taco Stick                               | Cheesy Beef Burger          | Chicken Quesadilla                   |
|                                     | Zesty Green Beans                  | Baby Carrots / Ranch                          | BBQ Baked Beans             | Sweet Corn Nibletts                  |
|                                     | Sweet Orange Slices                | Nectarines                                    | Melon Medley                | Mixed Berries                        |
| 11                                  | 12                                 | 13  | 14                          | 15                                   |
| Homestvle Waffles                   | 🗻 Breakfast Burrito                | 🗼 Apple Frudel                                | Sausage Bagels              | Mini Donuts                          |
| Mixed Fruit                         | Sliced Pears                       | Purple Plums                                  | Fresh Grapes                | Sliced Strawberries                  |
| Crispy Bacon                        | Strawberry Yogurt                  | Sausage Links                                 | Potato Baby Cakes           | Scrambled Eggs                       |
|                                     |                                    | Transport                                     |                             | Cheese Or                            |
| -                                   | Mandarin Chicken                   | Mini Corn Dogs                                | Chicken Fajitas             | Pepperoni Pizza                      |
|                                     | Steamed Carrot Coins               | Celery Sticks /Ranch                          | Broccoli Bites              | Curly Q Potatoe                      |
|                                     | Sweet Orange Slices                | Sour Cherry Sidekick!                         | Cinnamon Apple Slices       | Melon Medley                         |
| Curron Danana Dunad                 | Sweet Empi Waffles                 | <b>20</b><br>Cinnamon Rolls                   | Stumuh ayını Dagal Dayı     | Dunglifagt Dizza                     |
| Super Banana Bread                  | Sweet Emoji Waffles                |   | Strawberry Bagel Bar        | Breakfast Pizza                      |
| Fresh Fruit Variety<br>Cheese Cubes | Red Apple Slices                   | Golden Bananas                                | Fuzzy Kiwi                  | Nectarines                           |
| Cheese Cubes                        | Sausage Links                      | Hash Brown Patties                            | Crispy Bacon                | Strawberry Go-Gurt                   |
| Rib-BQ Sandwich 🗻                   | Crunchy Beef Tacos                 | Boneless Wings                                | Spaghetti & Meat Sauce      | Cheese Enchiladas                    |
|                                     | BBQ Baked Beans                    | Baby Carrots / Ranch                          | Steamed Broccoli            | Mixed Vegetables                     |
| Fruit Cocktail                      | Fresh Grapes                       | Fuzzy Peaches                                 | Sweet Orange Slices         | Mixed Berries                        |
| 25                                  | 26                                 | 27  | 28                          | 29                                   |
| Mini Cinnis                         | Breakfast Sandwich                 | Blueberry Muffin                              |                             | Mini Donuts                          |
| Fruit Cocktail                      | Sweet Orange Slices                | Diced Peaches                                 | Sliced Strawberries         | Purple Plums                         |
| Sausage Links                       | Potato Baby Cakes                  | Crispy Bacon                                  | Peach Yogurt                | Scrambled Eggs                       |
|                                     |                                    |   |                             | Cheese Or                            |
|                                     | Sloppy Joes                        | Deli Sub Sandwich                             | Chicken Alfredo (1888)      | Pepperoni Pizza                      |
|                                     | 110                                |   |                             |                                      |
| Roasted Corn                        | Sweet Potato Fries<br>Fresh Grapes | Celery Sticks /Ranch<br>Mango Berry Sidekick! | Broccoli Bites Melon Medley | Mixed Salad Greens<br>Golden Bananas |

Friendly Reminder - Liberty Traditional School will be providing <u>HOT BREAKFAST</u> in the cafeteria daily!



Free Breakfast and Lunch for ALL students!



Meals are FREE for all students - no need to complete a meal application!

This Institution Is An Equal Opportunity Provider

## Liberty Traditional School Phoenix

July / August Snack Menu 2025

| Monday                             | Tuesday                             | Wednesday                   | Thursday  | Friday                                   |
|------------------------------------|-------------------------------------|-----------------------------|---|--|
|                                    |                                     |                             | WG Cinnamon 31 Roll Crackers  100 % Fruit Juice | WG Chocolate<br>Chip Oatmeal<br>Bar      |
|                                    |                                     | <b>D</b> 2                  | 100 % Fruit Juice                               | Low Fat Milk                             |
| WG White  Nacho Cheese  Doritos    | WG Scooby – 5<br>Doo Crackers       | Chex Mix 6 Apple Slices     | WG Graham<br>Crackers<br>&                      | WG Rice 8<br>Krispie<br>Treat            |
| 100 % Fruit Juice                  | 100 % Fruit Juice                   | &<br>Orange Craisins        | Cheese Cubes                                    | Low Fat Milk                             |
| Rainbow 11<br>Goldfish<br>Crackers | WG Cinnamon<br>Roll Crackers        | Cheez – Its  Fresh Fruit  & | WG White 14<br>Cheddar<br>Popcorn               | Giant Vanilla Goldfish Crackers          |
| 100 % Fruit Juice                  | 100 % Fruit Juice                   | Lemonade Craisins           | 100 % Fruit Juice                               | Low Fat Milk                             |
| Baked BBQ 18<br>Crisps             | WG White<br>Nacho Cheese<br>Doritos | Chex Mix 20 Apple Slices    | WG Scooby –<br>Doo Crackers                     | WG Double 22<br>Chocolate Oatmeal<br>Bar |
| 100 % Fruit Juice                  | 100 % Fruit Juice                   | Strawberry Craisins         | 100 % Fruit Juice                               | Low Fat Milk                             |
| WG Cheddar<br>Sun Chips            | WG White 26<br>Cheddar<br>Popcorn   | Cheez – Its Fresh Fruit     | WG Graham Crackers &                            | WG Rice 29<br>Krispie<br>Treat           |
| 100 % Fruit Juice                  | 100 % Fruit Juice                   | &<br>Watermelon Craisins    | Cheese Cubes                                    | Low Fat Milk                             |