

LIBERTY TRADITIONAL SCHOOL PHOENIX



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

OCTOBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Free Breakfast and Lunch for all students!		1 Baked Cinnamon Rolls Fruit Cocktail Hash Brown Patties Chicken Tenders/Roll BBQ Baked Beans Sweet Orange Slices	2 Blueberry Oatmeal Fuzzy Peaches Scrambled Eggs Grilled Cheese Celery Sticks /Ranch Golden Bananas	3 Sausage / Egg Taquitos Sliced Strawberries Peach Yogurt Deli Sub Sandwich Baby Carrots / Ranch Golden Bananas
6	7	8	9	10
<h1>Happy Fall Break!</h1>				
13 Cinnamon UBR Fresh Grapes Hash Brown Patties Popcorn Chicken / Roll Baked Potato Wedges Mixed Fruit	14 French Toast Sticks Gala Apple Slices Crispy Bacon Chicken Quesadilla Broccoli Bites Sweet Orange Slices	15 Biscuits & Gravy Golden Bananas Sausage Patty Backyard Grill Baby Carrots / Ranch Fresh Grapes	16 Breakfast Pizza Fuzzy Kiwi Vanilla Yogurt Taco Stick Refried Beans Green Apple Slices	17 Mini Donuts Applesauce Scrambled Eggs Cheese Or Pepperoni Pizza Mixed Salad Greens Melon Medley
20 Apple Frudel Mixed Fruit Potato Baby Cakes Nacho Supreme Curly Q Potatoes Sliced Strawberries	21 Sweet Emoji Waffles Diced Peaches Sausage Patties Hot Diggity Dog BBQ Baked Beans Cinnamon Apple	22 Breakfast Sandwich Sliced Strawberries Chicken Filet Baby Carrots / Ranch Peach Applesauce	23 Honeybun Purple Plums Cheese Cubes Mandarin Chicken Broccoli Bites Sweet Orange Slices	24 Egg / Cheese Flatbread Golden Bananas Strawberry Yogurt Sloppy Joes Mixed Salad Greens Watermelon Slices
27 Mini Caramel Cinni's Apple Slices String Cheese Bosco Pepperoni Stick Crinkle Cut Fries Sliced Peaches	28 Sausage Bagels Fuzzy Kiwi Vanilla Yogurt Baked Chicken Drum BBQ Baked Beans Mixed Berries	29 Homestyle Pancakes Diced Pears Sausage Links Mini Corn Dogs Baby Carrots / Ranch Gala Apple Slices	30 Baked Cinnamon Rolls Fresh Grapes Hash Brown Patties Macaroni & Cheese Steamed Broccoli Sweet Orange Slices	31 Super Pumpkin Bread Melon Medley Crispy Bacon Cheese Or Pepperoni Pizza Mixed Salad Greens Mango Berry Sidekick

Meals are FREE for all students - no need to complete a meal application!
 USDA is an Equal Opportunity Provider, Employer and Lender

Liberty Traditional School Phoenix

October Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday



NO SCHOOL
Today

WG Graham
Crackers
&
String Cheese

WG White
Cheddar
Popcorn

Goldfish Pretzel
Crackers

100 % Fruit Juice

NO SCHOOL
Today

Rainbow
Goldfish
Crackers
&
100 % Fruit Juice

WG Graham
Crackers
&
String Cheese

WG White
Nacho Cheese
Doritos

100 % Fruit Juice

Chex Mix
Apple Slices
&
Orange Craisins

NO SCHOOL
Today

Cheez – Its
Fresh Fruit
&
Lemonade Craisins

Chex Mix
Apple Slices
&
Strawberry Craisins

Cheez – Its
Fresh Fruit
&
Watermelon Craisins

No Aftercare
Today

NO SCHOOL
Today

WG Cheddar
Sun chips
100 % Fruit Juice

WG Cinnamon
Crisp
Crackers
100 % Fruit Juice

WG Cheddar
Sun Chips
100 % Fruit Juice

No Aftercare
Today

NO SCHOOL
Today

WG Rice
Krispie
Treat

Cheese Cubes

WG Chocolate
Chip Oatmeal
Bar
&
String Cheese

WG Rice
Krispie
Treat
Cheese Cubes