

Liberty Traditional School Phoenix November 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

3 <i>Blueberry Pancakes</i> <i>Peach Slices</i> <i>Sausage Links</i> Chicken Nuggets /Roll Crinkle Cut Potatoes Mixed Berries	4 <i>Breakfast Pizza</i> <i>Applesauce</i> <i>Strawberry Go-Gurt</i> BBQ Chicken Sandwich Garlic Green Beans Sweet Orange Slices	5 <i>Strawberry Bagel Bar</i> <i>Fruit Cocktail</i> <i>Hash Brown Patties</i> Beef Taco Stick Baby Carrots / Ranch Strawberry Fruit Cup	6 <i>Double Chocolate Muffin</i> <i>Fuzzy Kiwi</i> <i>Scrambled Eggs</i> Chicken Posole Refried Beans Fresh Grapes	7 <i>Mini Donuts</i> <i>Sliced Strawberries</i> <i>Cheese Cubes</i> Cheese Or Pepperoni Pizza Mixed Salad Greens Melon Medley
10 <i>Cinnamon UBR</i> <i>Fresh Grapes</i> <i>Potato Baby Cakes</i> Walking Taco Baked Potato Wedges Fruit Cocktail	11 THANK YOU VETERANS FOR YOUR SERVICE	12 <i>French Toast</i> <i>Golden Bananas</i> <i>Sausage Patty</i> Grilled Cheese Celery Sticks / Ranch Fresh Grapes	13 <i>Blueberry Waffles</i> <i>Applesauce</i> <i>Crispy Bacon</i> Chicken Noodle Soup Mashed Potatoes Sweet Oranges Slices	14 <i>Egg & Cheese Flatbread</i> <i>Sliced Peaches</i> <i>Peach Yogurt</i> Baked Chicken Drum BBQ Baked Beans Mixed Melons
17 <i>Apple Frudel</i> <i>Mixed Berries</i> <i>String Cheese</i> Popcorn Chicken /Roll BBQ Baked Beans Applesauce 	18 <i>Super Banana Bread</i> <i>Fuzzy Kiwi</i> <i>Hash Brown Patties</i> Mandarin Chicken Bowl Steamed Broccoli Sweet Orange Slices	19 <i>Breakfast Sandwich</i> <i>Diced Pears</i> <i>Vanilla Yogurt</i> Backyard Grill Burger Baby Carrots / Ranch Fresh Grapes	20 <i>Breakfast Bites</i> <i>Golden Bananas</i> <i>Peach Yogurt</i> Cheese Or Pepperoni Pizza Mixed Salad Greens Melon Medley	21 <i>Mini Donuts</i> <i>Sliced Strawberries</i> <i>Scrambled Eggs</i> Thanksgiving Feast!
24	25	26	27	28



**Free Breakfast and
Lunch for all students!**

**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

NOVEMBER SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

Rainbow Goldfish Crackers & Cheese Cubes **3**

WG Cinnamon Crisp Crackers
100 % Fruit Juice **4**

Chex Mix
Apple Slices & Orange Craisins **5**

WG White Cheddar Popcorn
100 % Fruit Juice **6**

WG Chocolate Chip Oatmeal Bar & 100 % Fruit Juice **7**

WG Bunny Friends Graham & String Cheese **10**

NO SCHOOL Today **11**

Cheez – Its
Fresh Fruit & Lemonade Craisins **12**

WG White Nacho Cheese Doritos
100 % Fruit Juice **13**

WG Rice Krispie Treat
Cheese Cubes **14**

Cheddar Goldfish Crackers & 100 % Fruit Juice **17**

WG Cheddar Sun Chips
100 % Fruit Juice **18**

Chex Mix
Apple Slices & Strawberry Craisins **19**

WG Vanilla Chat Snacks
Grahams & Cheese Cubes **20**

WG Chocolate Chip Oatmeal Bar & 100 % Fruit Juice **21**

NO SCHOOL Today **24**

NO SCHOOL Today **25**

NO SCHOOL Today **26**

NO SCHOOL Today **27**

NO SCHOOL Today **28**