## **Liberty Traditional School Phoenix**

## JANUARY MENU

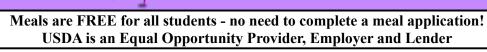


1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Fruit and Veggie Bar available daily for breakfast and lunch!

Monday		Tuesday		Wednesday	Thursday	Friday					
alamy				NEW YEAR	Ve	Fruits Grains Dairy  Grains Protein					
			6	7	8	9					
$F_{i}$	ıdge Pop-Tart	N Egg	g/Cheese Flatbread	Blueberry Pancakes	Breakfast Sa	andwich _ 🚣 Cinnamon Rol					
770W	liced Peaches	33	Fuzzy Kiwi	Fresh Fruit Mix	Golden B	1.200					
,	erry Go-Gurt	1	Potato Baby Cakes	Hash Brown Patties	The same of the sa	Yogurt Crispy Baco					
	,		,			Stuffed-Crust Cheese					
Chicken Tenders / Roll		Hot Diggity Dog		Backyard Grill Burger	   Chicken Posole / Ch						
Emoji Potatoes		Crinkle Cut Zucchini		Baby Carrots / Ranch	Fiesta Beans	Mixed Salad Greens					
resh Fruit Va	To Constitution 1		ange Slices	Applesauce Cup	Cinnamon Applesa	\$ 4 M					
12			13	14	15	16					
	Mini Donuts	F	rench Toast Sticks	Blueberry Muffin Top	Breakfast						
	Applesauce	3/2	Fresh Fruit Mix	Golden Bananas	7 11/2	ed Pears Cinnamon Apple					
<b>*</b> * * 9	String Cheese		Potato Baby Cakes	Cheesy Scrambled Eggs	Strawberry						
	g	-	, , , , , , , , , , , , , , , , , , ,	33							
Boneless Wings / Roll		Mesquite Chicken / Roll		Beef Taco Stick	Spaghetti & Meat S	iauce Chili Bowl / Cornbread					
Roasted Corn		Carrot Coins		Celery Sticks/Ranch	Steamed Broccoli	BBQ Baked Beans					
Fresh Grapes		Gala Apple Slices 🌃 🗀		Sweet Orange Slices	Sliced Peaches	Melon Medley					
19		_	20	21	22	23					
		Ca	ramel Mini Cinnis	Sausage Bagel	M+	3					
			Fresh Fruit Mix	Fuzzy Kiwi		ed Pears Apple Slice					
		Vanilla Yogurt  Beef Nacho Supreme Cali Blend Veggies Applesauce		Hash Brown Patties  Chicken Sandwich	Scrambled Eggs  Mandarin Chicken						
						Stuffed-Crust Cheese					
					I 1	Or Pepperoni Pizza					
				Baby Carrots / Ranch	Broccoli Bites	Mixed Salad Greens					
				Sliced Pears	Sliced Strawberries						
20			27	28	29	30					
	Apple Frudel	F	Pancake Bites	Double Coco Muffin	Breakfast Sa						
* * 7	iced Peaches	<b>♣</b> ♣ ⁴	Fresh Grapes	Mixed Fresh Fruit	Sliced Straw	<b>1</b>					
, ,	String Cheese	_	Sausage Links	Cheesy Scrambled Eggs	Vanilla	Yogurt Crispy Baco					
Bosco Pepperoni Stick		Cheese Taquitos		Chicken Poppers / Roll	   Macaroni & Cheese	/ Roll   Chicken Quesadilla					
Baked Potato Wedges		Steamed Broccoli		Vegetable Medley	BBQ Baked Beans	Sweet Potato Fries					
- 1		Cala Annia Clinan		Sweet Orange Slices	Fresh Grapes	Melon Medley					
.c.acii ballal		сан лрр	ie Slices	Sincer Grange Sinces	1. resir drupes	meion medicy					
		$\mathcal{L}(T)$									
			X T. II								

Free Breakfast and
Lunch for all
students!

be providing HOT breakfast with many additional offerings on the fruit bar in the cafeteria daily!





## Liberty Traditional School JANUARY SNACK MENU

7		•	·		
	Monday	Tuesday	Wednesday	Thursday	Friday
	₩	*		NO SCHOOL Today	NO SCHOOL Today
	Rainbow 5 Goldfish Crackers & Cheese Cubes	WG Cinnamon Crisp Crackers 100 % Fruit Juice	Cheez – Its 7 Fresh Fruit & Lemonade Craisins	WG White Cheddar Popcorn 100 % Fruit Juice	WG Rice 9 Krispie Treat Cheese Cubes
	WG White Nacho Cheese Doritos	WG Cheddar Sun Chips  100 % Fruit Juice	Chex Mix 14  Apple Slices  &  Orange Craisins	WG Bunny Friends Grahams & String Cheese	WG Fudge Pop-Tart & 100 % Fruit Juice
	NO SCHOOL Today	Pretzel 20 Goldfish Crackers & 100 % Fruit Juice	Cheez – Its 21  Fresh Fruit  &  Watermelon Craisins	WG 22 Vanilla Chat Snacks Grahams & Cheese Cubes	WG Chocolate 23 Chip Oatmeal Bar & 100 % Fruit Juice
3	Cheddar Blast Goldfish Crackers & 100 % Fruit Juice	WG Bunny Friends Grahams & String Cheese	Chex Mix 28  Apple Slices & Strawberry Craisins	WG White 29 Cheddar Popcorn 100 % Fruit Juice	WG Rice Krispie Treat Cheese Cubes

