



Liberty Traditional Saddleback

September Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/3	9/4	9/5	9/6	9/7
Labor Day No School	Select 2 items: Bagel with Cream Cheese French Toast Crackers Milk and an Applesauce Cup	Select 2 items: Mini-Wheats Cereal Whole-Grain Strawberry Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce Cheddar Cheese Stick Milk and Sliced Apples	Select 2 items: Blueberry Muffin Go-Gurt Milk and 100% Orange Juice
9/10	9/11	9/12	9/13	9/14
Select 2 items: Trix Cereal Apple Cinnamon Cheerios Whole-Grain Bar Milk and 100% Grape Juice	Select 2 items: Mini Cinnamon Bagel Zoo Animal Crackers Milk and an Applesauce Cup	Select 2 items: Apple Jacks Cereal Whole-Grain Cinnamon Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and a Very Strawberry Applesauce	Select 2 items: Banana Muffin Whole-Grain Go-Gurt Milk and 100% Orange Juice
9/17	9/18	9/19	9/20	9/21
Select 2 items: Froot Loop Cereal Strawberry Nutri-Grain Milk and 100% Grape Juice	Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk and an Applesauce Cup	Select 2 items: Lucky Charms Cereal Whole-Grain Cinnamon Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce Cheddar Cheese Stick Milk and Sliced Apples	Select 2 items: Apple Cinnamon Muffin Go-Gurt Milk and 100% Orange Juice
9/24	9/25	9/26	9/27	9/28
Select 2 items: Cocoas Puffs Cereal Golden Grahams Cereal Bar Whole-Grain Milk and 100% Grape Juice	Select 2 items: Mini Cinnamon Bagel Bug Bites GrahamCracker Milk and Sliced Apples	Select 2 items: Cinnamon Toast Cereal Whole-Grain Strawberry Pop-Tart Milk and Fresh Grapes	Select 2 items: Whole-Wheat Pan Dulce String Cheese Stick Milk and a Very Strawberry Applesauce	Select 2 items: Choc. Chip Whole-Grain Muffin Go-Gurt Milk and 100% Orange Juice



Choice of Fat-Free or 1% White Milk available for breakfast. Raisins or Cranraisins are also available.
 Fat-Free Chocolate, Fat-Free White, or 1% White Milk available for lunch.
 "This institution is an equal opportunity provider."
 Menus are subject to change without notice.
 Applications for FREE and REDUCED lunches are available at the front desk.





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September Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/3	9/4	9/5	9/6	9/7
Labor Day No School	Turkey Corn Dog Whole-Grain Waffle Fries Apple Milk	Lit'l Smokies Ranchero Beans Mixed Fruit Whole-Grain Tortilla Milk	Chicken Fajitas Whole-Grain Tortilla Carrot Sticks Fresh Grapes Salsa	Pepperoni Pizza on a Whole-Grain crust Garden Salad with Italian Dressing Diced Pears Milk
9/10	9/11	9/12	9/13	9/14
Cheeseburger Smile Potatoes Chilled Diced Peaches Milk	Turkeywich Sweet Potato Fries Banana Milk	Beef Taco Bowl Celery Sticks Mixed Fruit Salsa Milk	Mini Corn Dogs Ranchero Beans Orange Slices Milk	Cheese Stick with Marinara Garden Salad with Italian Dressing Applesauce Milk
9/17	9/18	9/19	9/20	9/21
Hamburger Crinkle Cut French Fries Chilled Diced Peaches Milk	BBQ Chicken Drumstick Steamed Broccoli Florets Apple Whole-Grain Biscuit Milk	Hot Diggity Dog Sweet Potato Tots Mixed Fruit Milk	Cheese Quesadilla Refried Beans Fresh Grapes Milk Salsa	Pepperoni Pizza on a Whole-Grain crust Green Beans Diced Pears Milk
9/24	9/25	9/26	9/27	9/28
Chicken Pattie Sandwich Smile Potatoes Chilled Diced Peaches Milk	Teriyaki Chicken with Rice Steamed Broccoli Florets Banana Milk	Whole-Grain Bean & Cheese Burrito Carrot Sticks Mixed Fruit Salsa Milk	Chicken Strips Ranchero Beans Orange Slices Whole-Grain Biscuit Milk	Whole-Grain Spaghetti w/Meat Sauce Mixed Vegetables Applesauce Wheat Breadstick Milk

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