



## Liberty Traditional Saddleback August Breakfast Menu

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday   |
|---|--|--|---|--|
|   |  |  | <b>1-Aug</b>  | <b>2-Aug</b>   |
|   |  |  | Select 2 items:<br>Mini Donuts<br>Maple Brown Sugar<br>Granola Bar<br>Milk<br>and an<br>Apple Twist Fruitable | Select 2 items:<br>Banana Muffin Whole-Grain<br>Go-Gurt<br>Milk<br>and<br>Strawberry Craisins          |
| <b>5-Aug</b>  | <b>6-Aug</b>   | <b>7-Aug</b>   | <b>8-Aug</b>  | <b>9-Aug</b>   |
| Select 2 items:<br>Cheerios Cereal<br>Strawberry Yogurt<br>Chex Mix<br>Milk<br>and<br>100% Grape Juice    | Select 2 items:<br>Bagel with Cream Cheese<br>Scooby Doo Graham Sticks<br>Milk<br>and<br>Applesauce Cups                 | Select 2 items:<br>Chocolate Chip Benefit Bar<br>Cinnamon Pop-Tart<br>Milk<br>and<br>Apple-Banana Twist Fruitable    | Select 2 items:<br>Coffee Cake<br>Colby Jack Cheese Stick<br>Milk<br>and<br>Apple Twist Fruitable             | Select 2 items:<br>Blueberry Muffin<br>Go-Gurt<br>Milk<br>and<br>100% Orange Juice                     |
| <b>12-Aug</b>   | <b>13-Aug</b>  | <b>14-Aug</b>  | <b>15-Aug</b>   | <b>16-Aug</b>  |
| Select 2 items:<br>Lucky Charms Cereal<br>Lemon Chip Crisp Bar<br>Milk<br>and<br>100% Grape Juice         | Select 2 items:<br>Cinnamon Raisin Bagel<br>w/Cream Cheese<br>Bug Bites Graham Cracker<br>Milk<br>and<br>Applesauce Cups | Select 2 items:<br>French Toast Benefit Bar<br>Chocolate Pop-Tart<br>Milk<br>and<br>Apple-Banana Twist Fruitable     | Select 2 items:<br>Mini Donuts<br>Maple Brown Sugar<br>Granola Bar<br>Milk<br>and an<br>Apple Twist Fruitable | Select 2 items:<br>Chocolate Chip Whole-Grain<br>Muffin<br>Go-Gurt<br>Milk<br>and<br>100% Orange Juice |
| <b>19-Aug</b>   | <b>20-Aug</b>  | <b>21-Aug</b>  | <b>22-Aug</b>   | <b>23-Aug</b>  |
| Select 2 items:<br>Mini Wheats Cereal<br>Strawberry YoGurt<br>Chex Mix<br>Milk<br>and<br>100% Grape Juice | Select 2 items:<br>Bagel with Cream Cheese<br>French Toast Crackers<br>Milk<br>and<br>Applesauce Cups                    | Select 2 items:<br>Choc Chip Benefit Bar<br>Cinnamon Pop-Tart<br>Milk<br>and an<br>Apple-Banana Twist Fruitable      | Select 2 items:<br>Coffee Cake<br>Colby Jack Cheese Stick<br>Milk<br>and an<br>Apple Twist Fruitable          | Select 2 items:<br>Apple Cinnamon Muffin<br>Go-Gurt<br>Milk<br>and<br>100% Orange Juice                |
| <b>26-Aug</b>   | <b>27-Aug</b>  | <b>28-Aug</b>  | <b>29-Aug</b>   | <b>30-Aug</b>  |
| Select 2 items:<br>Cinn.Toast Cereal<br>Cherry Frudel<br>Milk<br>and<br>100% Grape Juice                  | Select 2 items:<br>Cinnamon Raisin Bagel<br>w/Cream Cheese<br>Elf Graham Cracker<br>Milk<br>and<br>Applesauce Cups       | Select 2 items:<br>French Toast Benefit Bar<br>Strawberry Pop-Tart<br>Milk<br>and an<br>Apple-Banana Twist Fruitable | Select 2 items:<br>Mini Donuts<br>Maple Brown Sugar<br>Granola Bar<br>Milk<br>and an<br>Apple Twist Fruitable | Select 2 items:<br>Banana Muffin Whole-Grain<br>Go-Gurt<br>Milk<br>and<br>Strawberry Craisins          |



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.

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Menus are subject to change without notice.

Applications for FREE and REDUCED lunches are available at the front desk.





## Liberty Traditional Saddleback August Lunch Menu

| Monday  | Tuesday   | Wednesday  | Thursday  | Friday  |
|---|---|--|---|---|
|   |   |  | <b>1-Aug</b>  | <b>2-Aug</b>  |
|   |   |  | Grilled Cheese Sandwich<br>Sunshine Carrots<br>Orange Slices<br>Milk              | Pepperoni Pizza<br>Garden Salad with Dressing<br>Applesauce<br>Milk               |
| <b>5-Aug</b>  | <b>6-Aug</b>  | <b>7-Aug</b>   | <b>8-Aug</b>  | <b>9-Aug</b>  |
| Bacon Cheeseburger<br>Barbecue Beans<br>Peaches<br>Milk                         | Chicken & Cheese Burrito<br>Fiesta Corn<br>Apple<br>Salsa<br>Milk                   | Turkey Corn Dog<br>Mixed Vegetables<br>Mixed Fruit<br>Milk         | Chicken & Waffle<br>Sweet Potato Tots<br>Fresh Grapes<br>Milk                     | Cheese Pizza<br>Steamed Broccoli<br>Diced Pears<br>Milk                           |
| <b>12-Aug</b>   | <b>13-Aug</b>   | <b>14-Aug</b>  | <b>15-Aug</b>   | <b>16-Aug</b>   |
| Hot Diggity Dog<br>Smile Potatoes<br>Peaches<br>Milk                            | Nachos with Cheese<br>Refried Beans<br>Banana<br>Salsa<br>Milk                      | Ham & Cheese Croissant<br>Green Beans<br>Mixed Fruit<br>Milk       | Chicken Strips<br>Honey Carrots<br>Orange Slices<br>Milk                          | Pepperoni Pizza<br>Garden Salad with Dressing<br>Applesauce<br>Milk               |
| <b>19-Aug</b>   | <b>20-Aug</b>   | <b>21-Aug</b>  | <b>22-Aug</b>   | <b>23-Aug</b>   |
| Chicken Drumstick<br>with Roll<br>Barbecue Beans<br>Peaches<br>Milk             | Cheese Enchilada<br>with Green Chile Sauce<br>Fiesta Corn<br>Apple<br>Salsa<br>Milk | Grilled Cheese Sandwich<br>Mixed Vegetables<br>Mixed Fruit<br>Milk | Brunch for Lunch<br>Pancake & Bacon<br>Sweet Potato Fries<br>Fresh Grapes<br>Milk | Pepperoni Calzone<br>with Marinara Cup<br>Steamed Broccoli<br>Diced Pears<br>Milk |
| <b>26-Aug</b>   | <b>27-Aug</b>   | <b>28-Aug</b>  | <b>29-Aug</b>   | <b>30-Aug</b>   |
| Pork Egg Roll<br>with Rice<br>Carrot Coins<br>Peaches<br>Fortune Cookie<br>Milk | Walking Taco<br>Refried Beans<br>Banana<br>Salsa<br>Milk                            | Chicken Pot Pie<br>Green Beans<br>Mixed Fruit<br>Milk              | Chicken Strips<br>Whipped Potatoes<br>Orange Slices<br>Milk                       | Soft Pretzels with Cheese<br>Garden Salad with Dressing<br>Applesauce<br>Milk     |

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.

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## Liberty Traditional Saddleback August After-School Snack Menu

| Monday                                | Tuesday   | Wednesday   | Thursday                                      | Friday   |
|---------------------------------------|---|---|---|--|
|                                       |   |   | 1-Aug   | 2-Aug  |
|                                       |   |   | White Cheddar Popcorn<br>String Cheese Stick  | Chocolate Chip Cookie<br>Apple Twist Fuitable        |
| 5-Aug                                 | 6-Aug   | 7-Aug   | 8-Aug   | 9-Aug  |
| Cheez-It Crackers<br>Applesauce Cups  | Scooby Doo Graham Sticks<br>Cheddar Cheese Cubes    | Quaker Snack Mix<br>Apple-Banana Twist Fuitable     | Heartzels Pretzels<br>Cheddar Cheese Cubes    | Chili Cheese Cheetos<br>Apple Twist Fuitable         |
| 12-Aug                                | 13-Aug  | 14-Aug  | 15-Aug  | 16-Aug   |
| Cheddar Chex Mix<br>Applesauce Cups   | Bunny & Friends Crackers<br>Colby Jack Cheese Stick | Rice Krispies Treat<br>Apple Twist Fuitable         | White Cheddar Popcorn<br>Cheddar Cheese Cubes | Chocolate Chip Cookie<br>Apple-Banana Twist Fuitable |
| 19-Aug                                | 20-Aug  | 21-Aug  | 22-Aug  | 23-Aug   |
| Cheese Ritz Bits<br>Applesauce Cups   | Baked BBQ Chips<br>Cheddar Cheese Cubes             | Cinnamon Crisp Chips<br>Apple-Banana Twist Fuitable | Heartzels Pretzels<br>Cheddar Cheese Cubes    | Chili Cheese Cheetos<br>Apple Twist Fuitable         |
| 26-Aug                                | 27-Aug  | 28-Aug  | 29-Aug  | 30-Aug   |
| Baked Cheese Balls<br>Applesauce Cups | Baked Chd. SrCream Chips<br>Cheddar Cheese Stick    | Brownie<br>Apple-Banana Twist Fuitable              | White Cheddar Popcorn<br>String Cheese Stick  | Chocolate Chip Cookie<br>Apple Twist Fuitable        |



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