



Liberty Traditional Saddleback October Breakfast Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Grab-n-Go Apple Jacks with a Cheese Stick Craisins / Juice Milk	6 Grab-n-Go Bagel Craisins / Juice Milk	7 Grab-n-Go Strawberry Pop-Tart Orange Slices/Juice Milk	8 Grab-n-Go Trix with a Cheese Stick Craisins / Juice Milk	9 Grab-n-Go Chocolate Chip Whole-Grain Muffin Fresh Banana / Juice Milk
12 Fall Break No School	13 Fall Break No School	14 Fall Break No School	15 Fall Break No School	16 Fall Break No School
19 Select 2 items: Cheerios Cereal Strawberry Yogurt Chex Mix Milk and Applesauce Cups	20 Select 2 items: Bagel with Cream Cheese Scooby Doo Graham Sticks Milk and Fresh Grapes / Juice	21 Select 2 items: Chocolate Chip Benefit Bar Cinnamon Pop-Tart Milk and Applesauce Cups	22 Select 2 items: Cinnamon Toast Cereal Colby Jack Cheese Stick Milk and 100% Orange Juice	23 Select 2 items: Blueberry Muffin Go-Gurt Milk and Applesauce Cups
26 Select 2 items: Lucky Charms Cereal Lemon Chip Crisp Bar Milk and Applesauce Cups	27 Select 2 items: Cinnamon Raisin Bagel with Cream Cheese Bug Bites Graham Cracker Milk and Fresh Grapes / Juice	28 Select 2 items: French Toast Benefit Bar Chocolate Pop-Tart Milk and Applesauce Cups	29 Select 2 items: Mini Donuts Maple Brown Sugar Granola Bar Milk and 100% Orange Juice	30 Select 2 items: Chocolate Chip Whole-Grain Muffin Go-Gurt Milk and Applesauce Cups



Choice of fat-free or 1% white milk is available for breakfast. Raisins or Cranraisins are also available.
 Choice of fat-free or 1% white milk and fat-free chocolate milk is available for lunch.



Menu is subject to change without notice.

All Students eligible for free meals for the 2020 - 2021 School Year

Parents are required to fill out the FREE and REDUCED Application that are available at the Front Desk.

“This institution is an equal opportunity provider.”



Liberty Traditional Saddleback October Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
5 Taco Stick Refried Beans Red Delicious Apple Milk	6 Chicken Strips Fiesta Corn Fresh Banana Milk	7 Corn Dog Carrot Sticks / Ranch Mixed Fruit Cups Milk	8 Deli Sub Sandwich Celery Sticks Applesauce Cups Milk	9 Half Day No Afterschool
12 FALL Break	13 FALL Break	14 FALL Break	15 FALL Break	16 FALL Break
19 Bacon Cheeseburger Barbecue Beans Peaches Milk	20 Chicken & Cheese Burrito Fiesta Corn Red Delicious Apple Milk	21 Turkey Corn Dog Mixed Vegetables Mixed Fruit Milk	22 Chicken & Waffle Sweet Potato Tots Fresh Grapes Milk	23 Cheese Pizza Steamed Broccoli Diced Pears Milk
26 Ball Park Frank Smile Potatoes Peaches Milk	27 Nachos with Cheese Refried Beans Fresh Banana Milk	28 Ham & Cheese Crossiant Green Beans Mixed Fruit Milk	29 Chicken Strips Honey Carrots Orange Slices Milk	30 Pepperoni Pizza Garden Salad with Dressing Applesauce Milk



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Choice of fat-free or 1% white milk and fat-free chocolate milk is available for lunch.



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Liberty Traditional Saddleback October Afternoon Snack Menu

Monday	Tuesday	Wednesday	Thursday	Friday
No Snacks	6 No Snacks	7 No Snacks	8 No Snacks	9 No Snacks
Fall Break	13 Fall Break	14 Fall Break	15 Fall Break	16 Fall Break
19 Cheez-It Crackers	20 Scooby Doo Graham Sticks	21 Quaker Snack Mix	22 Heartzels Pretzels	23 Chili Cheese Cheetos
26 Cheddar Chex Mix	27 Bunny & Friends Crackers	28 Rice Krispies Treat	29 White Cheddar Popcorn	30 Chocolate Chip Cookie

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