

Liberty Traditional School Douglas August Menu



1% milk, fat free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

Monday	Tuesday	Wednesday	Thursday	Friday
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1 Meet Your TEACHERS	2 Open House and Curriculum Night August 2nd From 2pm - 7pm! Don't forget to apply for FREE or REDUCED lunches!	3 Strawberry Pop-Tart Apple Sauce Cup Crispy Chicken Green Beans Sweet Orange Slices	4 Mini Donuts 100% Fruit Juice Grilled Cheese Roasted Corn Mixed Berries	5 Cinnamon UBR Sweet & Sour Apples Nacho Supreme BBQ Baked Beans Sweet Orange Slices
8 Lemon Chip Crunch 100% Fruit Juice Cheese Or Pepperoni Pizza Mexicali Corn Peach Slices	9 Strawberry Bagel Bar Fruit Cup Beef Soft Taco Refried Beans Apple Slices	10 Glazed Breakfast Bites Gala Apple Grins Taco Stick Carrot Sticks / Ranch Mixed Berries	11 Super Donut 100% Fruit Juice Spaghetti & Meatballs Green Beans Sweet Orange Slices	12 Cherry Muffin Red Delicious Apple Crispy Fish Sticks Steamed Broccoli Fuzzy Peaches
15 Strawberry Pop -Tart 100% Fruit Juice Bean / Cheese Burrito Curly Q Potatoes Sliced Pears	16 Apple Cinnamon Loaf Apple Sauce Baked Chicken Drum Mixed Vegetables Fresh Strawberries	17 Maple Waffles Grape Escapes Baked Mozzarella with Marinara Steamed Broccoli Mixed Fruit Cup	18 Co Co Dot Muffin 100% Fruit Juice Sloppy Joes Carrot Coins Mixed Berries	19 French Toast Sticks Rainbow Gala Apple Beefy Goulash/Roll BBQ Baked Beans Sweet Orange Slices
22 Trix Cereal Bar 100% Fruit Juice Cheese Or Pepperoni Pizza Green Beans Fruit Cocktail	23 Apple Frudel Fruit Cup Orange Chicken Bowl Refried Beans Apple Slices	24 Mini Donuts Golden Apple Grins Cheeseburger Carrot Sticks / Ranch Mixed Berries	25 Banana Muffin 100% Fruit Juice Philly Cheese Sandwich Steamed Broccoli Melon Medley	26 Bagel & Cream Cheese Sweet & Sour Apple Crispy Fish Sticks Roasted Corn Niblets Fuzzy Peaches
29 Cherry Apple Crunch 100% Fruit Juice Breakfast 4 Lunch! Potato Wedges Peach Slices	30 Cinnamon Pancakes Apple Sauce Crispy Clucker BBQ Baked Beans Fresh Strawberries	31 Mini Cinni's Grape Escapes French Bread Pizza Celery Sticks / Ranch Sweet Orange Slices	<p>Paid Lunch Price - \$2.85 Reduced Lunch Price - \$0.40 Breakfast is FREE for all !</p>	

This Institution Is An Equal Opportunity Provider

WE ARE EXPERIENCING SUPPLY CHAIN ISSUES - THIS MENU IS SUBJECT TO CHANGE



AUGUST SNACK MENU 2022

Liberty Traditional Charter School Douglas

Monday

WG Cheddar 1
Chex Mix

100 % Fruit Juice

WG Cheez-Its 8

100 % Fruit Juice

WG Nacho Cheese 15
Doritos

100 % Fruit Juice

Cinnamon Elf 22
Grahams

100 % Fruit Juice

WG Goldfish 29
Pretzels

100 % Fruit Juice

Tuesday

WG Goldfish 2
Pretzels

100 % Fruit Juice

Graham Crackers 9
String Cheese

100 % Fruit Juice

Strawberry 16
Nutri-Grain Bar

100 % Fruit Juice

Cheddar 23
Goldfish Crackers

100 % Fruit Juice

WG Strawberry 30
Chex Mix

100 % Fruit Juice

Wednesday

Apple Cinnamon 3
Nutri-Grain Bar

100 % Fruit Juice

WG Baked 10
Funyuns

100 % Fruit Juice

WG Heartzel 17
Pretzels

100 % Fruit Juice

WG Baked 24
Funyuns

100 % Fruit Juice

WG Nacho Cheese 31
Doritos

100 % Fruit Juice

Thursday

WG Baked 4
Cheetos

100 % Fruit Juice

WG Strawberry 11
Chex Mix

100 % Fruit Juice

WG Cheddar 18
Chex Mix

100 % Fruit Juice

Blueberry 25
Nutri-Grain Bar

100 % Fruit Juice

Friday

Cinnamon Elf 5
Grahams

100 % Fruit Juice

Rainbow 12
Goldfish Crackers

100 % Fruit Juice

WG Baked 19
Cheetos

100 % Fruit Juice

Graham Crackers 26
String Cheese

100 % Fruit Juice

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