



Liberty Traditional School

Douglas Campus










October 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
3	4	5	6	7
Cherry Apple Crunch 100% Fruit Juice Cherry Craisins	 Super Donut Applesauce Raspberry Raisins	Blueberry Muffin Top Grape Escapes Apple Chips	Bagel & Cream Cheese 100% Fruit Juice Orange Craisins	Wild Berry Waffle Golden Apple Slices Golden Raisins
Bosco Pizza Stick Tater Tots Fresh Strawberries	Chicken Quesadilla Refried Beans Melon Medley 	Grilled Cheese Broccoli Bites Sweet Orange Slices	Beef Taco Stick Carrot Sticks/Ranch Cinnamon Apples	Chicken Tenders / Roll Vegetable Medley Fresh Grapes
10	11	12	13	14



17	18	19	20	21
Fudge Pop-Tart 100% Fruit Juice Lemonade Craisins	 Mini Donuts Fruit Cup Watermelon Raisins	 Maple Waffle Gala Apple Grins Strawberry Apple Chips	 Coco Dot Muffin 100% Fruit Juice Blueberry Craisins	 Mini Cinnis Red Delicious Apple Strawberry Raisins
Cheese Pizza Potato Wedges Peach Slices	Roasted Chicken / Roll BBQ Baked Beans Cinnamon Apples	Boneless Wings / Roll Sweet Potato Fries Mixed Berries	Rotini & Meat Sauce Zesty Green Beans Sweet Orange Slices	Chili & Cornbread Steamed Broccoli Fuzzy Peaches 
24	25	26	27	28
 Berry Cereal Bar 100% Fruit Juice Cranberry Craisins	Breakfast Bites Glazed Apple Sauce Strawberry Raisins	 Super Pumpkin Bread Grape Escapes Apple Chips	 Cinnamon UBR 100% Fruit Juice Cherry Craisins	French Toast Sticks Rainbow Gala Apple Raisins
Baked Mozzarella Curly Q Potatoes Sliced Pears	Beefy Mac & Cheese Vegetable Medley Fresh Strawberries	Chicken Sandwich Broccoli Bites Mixed Fruit Cup 	Spaghetti & Meatballs BBQ Baked Beans Mixed Berries	Hot Diggity Dog Carrot Coins Sweet Orange Slices
31				



Paid Lunch Price - \$2.85
Reduced Price Lunch - \$0.40
Breakfast is FREE for all!



This Institution Is An Equal Opportunity Provider
WE ARE EXPERIENCING SUPPLY CHAIN ISSUES - THIS MENU IS SUBJECT TO CHANGE



OCTOBER SNACK MENU 2022

LIBERTY TRADITIONAL SCHOOL – DOUGLAS

Monday	Tuesday	Wednesday	Thursday	Friday
WG Baked Cheetos 3 100 % Fruit Juice	Graham Crackers 4 String Cheese 100 % Fruit Juice	WG Baked Funyuns 5 100 % Fruit Juice	WG Strawberry Chex Mix 6 100 % Fruit Juice	Rainbow Goldfish Crackers 7 100 % Fruit Juice
No School Today 10	No School Today 11	No School Today 12	No School Today 13	No School Today 14
WG Nacho Cheese Doritos 17 100 % Fruit Juice	WG Heartzel Pretzels 18 100 % Fruit Juice	WG Cheddar Chex Mix 19 100 % Fruit Juice	Strawberry Nutri-Grain Bar 20 100 % Fruit Juice	Cinnamon Elf Grahams 21 100 % Fruit Juice
Blueberry Muffin 24 100 % Fruit Juice	Cheddar Goldfish Crackers 25 100 % Fruit Juice	WG Strawberry Chex Mix 26 100 % Fruit Juice	Graham Crackers String Cheese 27 100 % Fruit Juice	WG Baked Cheetos 28 100 % Fruit Juice
WG Cheez-Its 31 100 % Fruit Juice				

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****This Menu Is Subject to Change****

MY SCHOOL BUCKS PAY FOR MEALS ONLINE
MySchoolBucks.com