

Liberty Traditional School

Douglas Campus September 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		
<p>Paid Lunch Price - \$2.85 Reduced Lunch Price - \$0.40 Breakfast is FREE for all !</p>						
<p>5</p> <p>Happy Labor Day To ALL Of You</p>		<p>6</p> <p>Cherry Frudel Apple Sauce Raspberry Raisins</p> <p>Bosco Pizza Stick Mixed Vegetables Fresh Strawberries</p>		<p>7</p> <p>Blueberry Muffin Grape Escapes Apple Chips</p> <p>Grilled Cheese Carrot Coins Melon Medley</p>	<p>8</p> <p>Strawberry Bagel Bar Apple Sauce Cup Cherry Craisins</p> <p>Cheesy Enchiladas Steamed Broccoli Melon Medley</p>	<p>9</p> <p>Breakfast Bites Glazed Rainbow Gala Apple Raisins</p> <p>Rib-BQ Sandwich Steamed Broccoli Red Grapes</p>
<p>12</p> <p>Lemon Chip Crunch 100% Fruit Juice Lemonade Craisins</p> <p>Pepperoni Pizza Carrot Sticks / Ranch Peach Slices</p>		<p>13</p> <p>Mini Donuts Fruit Cup Watermelon Raisins</p> <p>Sloppy Joe's BBQ Baked Beans Cinnamon Apples</p>		<p>14</p> <p>Apple Cinnamon Loaf Gala Apple Grins Strawberry Apple Chips</p> <p>Taco Stick Elote Corn Mixed Berries</p>	<p>15</p> <p>Wild Berry Waffle 100% Fruit Juice Blueberry Craisins</p> <p>Spaghetti & Meatballs Zesty Green Beans Sweet Orange Slices</p>	<p>16</p> <p>Cherry Muffin Red Delicious Apple Strawberry Raisins</p> <p>Hot Ham / Cheese Bun Steamed Broccoli Fuzzy Peaches</p>
<p>19</p> <p>Strawberry Pop -Tart 100% Fruit Juice Cranberry Craisins</p> <p>Chicken Nuggets/Roll Curly Q Potatoes Sliced Pears</p>		<p>20</p> <p>Breakfast Bites Glazed Apple Sauce Strawberry Raisins</p> <p>Baked Mozzarella Vegetable Medley Fresh Strawberries</p>		<p>21</p> <p>Super Pumpkin Bread Grape Escapes Apple Chips</p> <p>Chicken Sandwich Broccoli Bites Mixed Fruit Cup</p>	<p>22</p> <p>Co Co Dot Muffin 100% Fruit Juice Cherry Craisins</p> <p>Italian Meatball Sub BBQ Baked Beans Mixed Berries</p>	<p>23</p> <p>French Toast Sticks Rainbow Gala Apple Raisins</p> <p>Filet O' Fish Sandwich Carrot Coins Sweet Orange Slices</p>
<p>26</p> <p>Trix Cereal Bar 100% Fruit Juice Lemonad Craisins</p> <p>Pepperoni Pizza Mixed Vegetables Fruit Cocktail</p>		<p>27</p> <p>Apple Frudel Fruit Cup Watermelon Raisins</p> <p>Chicken Quesadilla Refried Beans Apple Slices</p>		<p>28</p> <p>Mini Donuts Golden Apple Grins Strawberry Apple Chips</p> <p>Mini Corn Dogs Carrot Sticks / Ranch Mixed Berries</p>	<p>29</p> <p>Maple Waffles 100% Fruit Juice Orange Craisins</p> <p>Big Cheese Ravioli Steamed Broccoli Melon Medley</p>	<p>30</p> <p>Super Banana Loaf Sweet & Sour Apple Golden Raisins</p> <p>Meatloaf Sandwich Mashed Taters Fuzzy Peaches</p>

September Food Trivia: 4 Fun Food Facts !

Featuring: Raspberries

- * The raspberry is a member of the rose family
- * Raspberry juice was used as red stain for art in the Middle Ages
- * An average raspberry has 100-120 seeds
- * One cup of raspberries contains 60.28 calories



This Institution Is An Equal Opportunity Provider

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

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September Snack Menu 2022

Liberty Traditional School



Monday

Tuesday

Wednesday

Thursday

Friday



Graham Crackers **1**
String Cheese

100 % Fruit Juice

WG Cinna mania **2**
Grahams

100% Fruit Juice



5
No School Today

6
Rainbow Goldfish Crackers
100 % Fruit Juice

7
Strawberry Nutri-Grain Bar
100 % Fruit Juice

8
Cinnamon Elf Grahams
100 % Fruit Juice

9
WG Hartzel Pretzels
100 % Fruit Juice

12
WG Strawberry Chex Mix
100 % Fruit Juice

13
Blueberry Nutri-Grain Bar
100 % Fruit Juice

14
Graham Crackers String Cheese
100 % Fruit Juice

15
WG Baked Funyuns
100 % Fruit Juice

16
Cheddar Goldfish Crackers
100 % Fruit Juice



19
WG Cheez-Its
100 % Fruit Juice

20
Strawberry Nutri-Grain Bar
100 % Fruit Juice

21
WG Nacho Cheese Doritos
100 % Fruit Juice

22
Rainbow Goldfish Crackers
100 % Fruit Juice

23
WG Cheddar Chex Mix
100 % Fruit Juice



26
Blueberry Nutri-Grain Bar
100 % Fruit Juice

27
WG Baked Funyuns
100 % Fruit Juice

28
Graham Crackers String Cheese
100 % Fruit Juice

29
WG Strawberry Chex Mix
100 % Fruit Juice

30
WG Goldfish Pretzels
100 % Fruit Juice



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

