

Liberty Traditional School Douglas



November 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>Mini Donuts Fruit Cup Watermelon Raisins</p> <p>Chicken Quesadilla Fiesta Beans Melon Medley</p>	 <p>Mini Pancakes Gala Apple Grins Strawberry Apple Chips</p> <p>Beef Taco Stick Diced Carrots Fresh Grapes</p>	<p>3</p> <p>Bagel & Cream Cheese 100% Fruit Juice Blueberry Craisins</p> <p>BBQ Chicken Sandwich Baked Potato Wedges Sweet Orange Slices</p>	 <p>4</p> <p>Berry Cereal Bar Red Delicious Apple Strawberry Raisins</p> <p>Chicken Alfredo Steamed Broccoli Mixed Berries</p>
 <p>7</p> <p>Super Donut 100% Fruit Juice Cherry Craisins</p> <p>Breakfast 4 Lunch! Vegetable Medley Sliced Pears</p>	<p>8</p> <p>Fudge Pop-Tart Applesauce Raspberry Raisins</p> <p>Chicken Tater Bowl Steamed Broccoli Sweet Orange Slices</p>	 <p>9</p> <p>Mini Cinnis Grape Escapes Apple Chips</p> <p>Grilled Cheese Sweet Potato Fries Melon Medley</p>	<p>10</p> <p>Maple Waffle 100% Fruit Juice Orange Craisins</p> <p>Chili & Cornbread Roasted Corn Apple Slices</p>	 <p>11</p> <p>THANK YOU</p>
<p>14</p> <p>Cinnamon UBR 100% Fruit Juice Cranberry Craisins</p> <p>Cheese Or Pepperoni Pizza Baked Potato Wedges Peach Slices</p>	 <p>15</p> <p>Breakfast Bites Fruit Cup Strawberry Raisins</p> <p>Nacho Supreme Refried Beans Cinnamon Apples</p>	 <p>16</p> <p>French Toast Sticks Gala Apple Grins Apple Chips</p> <p>Corn Dog on a Stick Diced Carrots Mixed Berries</p>	 <p>17</p> <p>Super Banana Bread 100% Fruit Juice Cherry Craisins</p> <p>Big Cheese Ravioli Zesty Green Beans Sweet Orange Slices</p>	 <p>18</p> <p>Creamy Carrot Bun Red Delicious Apple Raisins</p> <p>Filet O' Fish Sandwich Steamed Broccoli Fuzzy Peaches</p>
<p>21</p> <p>Coco Dot Muffin 100% Fruit Juice Lemonade Craisins</p> <p>Boneless Wings Mixed Vegetables Sweet Orange Slices</p>	<p>22</p> <p>Cinnamon Apple Loaf Watermelon Raisins Apple Sauce</p> <p>Pizza Stick Celery Sticks / Ranch Fresh Grapes</p>			
<p>28</p> <p>Blueberry Muffin 100% Fruit Juice Cherry Craisins</p> <p>Cheese Or Pepperoni Pizza Mixed Vegetables Sliced Pears</p>	 <p>29</p> <p>Cinnamon Bagel Fruit Cup Raspberry Raisins</p> <p>Beefy Mac & Cheese Steamed Broccoli Mixed Berries</p>	 <p>30</p> <p>Lemon-Chip Crunch Grape Escapes Apple Chips</p> <p>Hot Diggity Dog Carrot Sticks / Ranch Melon Medley</p>		

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 Disruptions****
This Menu Is Subject To Change

NOVEMBER PM SNACK MENU 2022

Liberty Traditional School Douglas

Monday

Tuesday

Wednesday

Thursday

Friday

HAPPY
THANKSGIVING

WG Baked Cheetos **1**

100 % Fruit Juice

Graham Crackers String Cheese **2**

100 % Fruit Juice

WG Baked Funyuns **3**

100 % Fruit Juice

WG Strawberry Chex Mix **4**

100 % Fruit Juice

WG Nacho Cheese Doritos **7**

100 % Fruit Juice

WG Hartzel Pretzels **8**

100 % Fruit Juice

WG Cheddar Chex Mix **9**

100 % Fruit Juice

Strawberry Nutri-Grain Bar **10**

100 % Fruit Juice

11
No School Today

Blueberry Muffin **14**

100 % Fruit Juice

Cheddar Goldfish Crackers **15**

100 % Fruit Juice

WG Cheddar Chex Mix **16**

100 % Fruit Juice

Graham Crackers String Cheese **17**

100 % Fruit Juice

WG Baked Cheetos **18**

100 % Fruit Juice

WG Chocolate Chex Mix **21**

100 % Fruit Juice

Cinnamon Apple Loaf **22**

100 % Fruit Juice

23
No School Today

24
No School Today

25
No School Today

WG Nacho Cheese Doritos **28**

100 % Fruit Juice

WG Baked Cheetos **29**

100 % Fruit Juice

Banana Muffin **30**

100 % Fruit Juice

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