

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
<div style="background-color: #007bff; color: white; padding: 5px; text-align: center;"> Paid Lunch Price - \$2.85 Reduced Price Lunch - NO CHARGE! Breakfast is FREE for all! </div> <div style="display: flex; justify-content: center; align-items: center; gap: 20px;">   </div>				<p style="text-align: center;">1</p> <p>Sweet Honey Bun 100% Fruit Juice Strawberry Go-Gurt</p> <p>Baked Mozzarella Mixed Vegetables Cinnamon Apple Slices</p>
4	5	6	7	8
 <p>Lemon Chip Crunch 100% Fruit Juice Chocolate Tiger Tracks</p> <p>Stuffed Crust Pizza Curly Q Potatoes Sliced Peaches</p>	 <p>Fudge Pop-Tart Applesauce Cheese Cubes</p> <p>Hot Diggity Dog Sweet Potato Fries Golden Bananas</p>	<p>Co Co Puffs Cereal Fresh Grapes Honey Bun Goldfish</p> <p>Beef / Cheese Calzone Celery Sticks /Ranch Cinnamon Apples</p>	 <p>Mini Cinnis 100% Fruit Juice String Cheese</p> <p>Hot Ham & Cheese Bun Steamed Zucchini Mixed Berries</p> 	<p>Breakfast Bites Sweet & Sour Apple Straw/ Banana Yogurt</p> <p>Beef Soft Taco Refried Beans Melon Medley</p> 
11	12	13	14	15
<p>Lemon Chip Crunch 100% Fruit Juice Chocolate Tiger Tracks</p> <p>Stuffed Crust Pizza Curly Q Potatoes Sliced Peaches</p>	 <p>Apple Frudel Fruit Cup Cheese Cubes</p> <p>Beef Taco Stick Broccoli Bites Fresh Grapes</p> 	 <p>Lucky Charms Fresh Grapes Blueberry Vanilla Bites</p> <p>Regular or Spicy Chicken Sandwich Baby Carrot Sticks Mixed Berries</p>	 <p>French Toast Sticks 100% Fruit Juice String Cheese</p> <p>Porky Mac & Cheese Mixed Vegetables Sweet Orange Slices</p>	<p>Maple Waffle Rainbow Gala Apple Vanilla Yogurt</p> <p>Chicken Tenders /Roll Cheesy Refried Beans Purple Plums</p>
18	19	20	21	22
<p>Strawberry Pop-Tart 100% Fruit Juice Honey Bun Goldfish</p> <p>Cheeseburger Sweet Cross Tracks Fruit Cocktail</p> 	 <p>Mini Pancakes Apple Sauce Cheese Cubes</p> <p>Beefy Nacho Supreme Broccoli Bites Sweet Orange Slices</p>	<p>Froot Loops Cereal Fresh Grapes Vanilla Tiger Tracks</p> <p>Pepperoni Bosco Stick Celery Sticks /Ranch Sour Cherry Sidekick</p>	 <p>Coco Dot Muffin 100% Fruit Juice String Cheese</p> <p>Sloppy Joe Fiesta Bean Medley Delicious Pears</p>	<p>Mini Donuts Red Delicious Apple Strawberry Go-Gurt</p> <p>Cheese Quesadilla Baby Baker Taters Melon Medley</p> 
25	26	27	28	29
<p>Team Cheerios Bar 100% Fruit Juice Blueberry Vanilla Bites</p> <p>Stuffed Crust Pizza Roasted Corn Fresh Grapes</p> 	 <p>Sweet Honey Bun Fruit Cup Cheese Cubes</p> <p>Walking Taco Carrot Coins Mixed Berries</p> 	<p>Blueberry Chex Cereal Fresh Grapes Honey Bun Goldfish</p> <p>Boneless Wings / Roll Green Beans Cinnamon Apple Slices</p>	<p>Super Banana Bread 100% Fruit Juice String Cheese</p> <p>Beef Penne Pasta /Roll Broccoli Bites Melon Medley</p> 	<p>Strawberry Bagel Bar Apple Grins Straw/Banana Yogurt</p> <p>Baked Chicken / Roll BBQ Baked Beans Golden Bananas</p> 

September

Reminders:



Please complete a new meal application for SY 23-24. Student meal eligibilities will expire on **September 18th** with out a new application for this school year!


Apply For FREE or REDUCED Lunches - Applications Available in the Front Office
This Institution Is An Equal Opportunity Provider


Liberty Traditional Saddleback Snack Menu

September 2023

Monday

Tuesday

Wednesday

Thursday

Friday



1
WG white
Cheddar popcorn
100 % Fruit Juice

4
No School Today

5
WG Sun
Chips
100 % Fruit Juice

6
Strawberry
Nutri-Grain Bar
100 % Fruit Juice

7
WG Munchie
Mix
100 % Fruit Juice

8
Scooby Doo
Grahams / Cheese Cubes
100 % Fruit Juice

11
Rainbow
Goldfish Crackers
100 % Fruit Juice

12
Banana Muffin
100 % Fruit Juice

13
WG Nacho
Cheese Doritos
100 % Fruit Juice

14
WG Cheddar
Chex Mix
100 % Fruit Juice

15
WG
Chat Snacks
100 % Fruit Juice

18
WG Rice Krispie
Treat
100 % Fruit Juice

19
WG Cheez -Its
100 % Fruit Juice

20
WG White
Cheddar Popcorn
100 % Fruit Juice

21
WG Cinnamon
Bun Crackers
100 % Fruit Juice

22
WG Sun
Chips
100 % Fruit Juice

25
WG Nacho
Cheese Doritos
100 % Fruit Juice

26
Blueberry
Nutri-Grain Bar
100 % Fruit Juice

27
Cinnamon Gripz &
Cheese Cubes
100 % Fruit Juice

28
WG Munchie
Mix
100 % Fruit Juice

29
WG Fudge
Pop-Tart
100 % Fruit Juice

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