

Liberty Traditional

School Douglas

JANUARY 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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HAPPY NEW YEAR

8	9	10	11	12
<i>Fudge Pop-Tart</i> <i>100% Fruit Juice</i> <i>Bunny Friends</i> Pepperoni Pizza Baby Baker Taters Sliced Peaches	<i>Strawberry Bagel Bar</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i> Soft Taco Tuesday! Steamed Broccoli Golden Bananas	<i>Mini Waffles</i> <i>Apple Sauce</i> <i>Vanilla Goldfish</i> Bosco Pepperoni Stick Garlic Green Beans Sweet Orange Slices	<i>Cinnamon Bun</i> <i>Fuzzy Kiwi</i> <i>String Cheese</i> BBQ Chicken /Roll Sweet Potato Fries Gala Apple Slices	<i>Mini Donuts</i> <i>Sweet & Sour Apples</i> <i>Blueberry Yogurt</i> Cheesy Beef Burger BBQ Baked Beans Mango Chunks
15	16	17	18	19
	<i>Team Cheerios Bar</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i> Chicken Nuggets / Roll Crispy Tater Tots Sweet Orange Slices	<i>Cherry Apple Crunch</i> <i>Fresh Fruit Variety</i> <i>Blueberry Vanilla</i> Beef Taco Stick Broccoli Bites Sliced Peaches	<i>Mini Pancakes</i> <i>Sweet Orange</i> <i>String Cheese</i> Sloppy Joes Carrot Sticks & Golden Bananas	<i>Breakfast Bites</i> <i>Rainbow Gala Apple</i> <i>Strawberry Go-Gurt</i> Chili Bowl & Cornbread Green Beans Sweet Strawberries
22	23	24	25	26
<i>Strawberry Pop-Tart</i> <i>100% Fruit Juice</i> <i>Chat Snacks</i> Pepperoni Pizza Baked Potato Mixed Fruit	<i>Mini Cinnis</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i> Soft Pretzel & Cheese Carrot Sticks / Golden Bananas	<i>Lemon Chip Crunch</i> <i>Apple Sauce</i> <i>Bunny Friends</i> Mandarin Chicken Steamed Broccoli Sweet Orange Slices	<i>Apple Frudel</i> <i>Fuzzy Kiwi</i> <i>String Cheese</i> Baked Chicken / Roll BBQ Baked Beans Cinnamon Apple	<i>French Toast Sticks</i> <i>Red Delicious Apple</i> <i>Vanilla Yogurt</i> Chicken Quesadilla Sweet Potato Fries Fresh Grapes
29	30	31	Paid Lunch Price - \$2.85 Reduced Price Lunch - NO CHARGE! Breakfast is FREE for all!	
<i>Golden Grahams Bar</i> <i>100% Fruit Juice</i> <i>Vanilla Goldfish</i> Beefy Nacho Supreme Curly Q Potatoes Diced Pears	<i>Wild berry Waffles</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i> Hot Diggity Dog Garlic Green Beans Gala Apple Slices	<i>Honey Bun</i> <i>Fresh Fruit Variety</i> <i>Blueberry Vanilla</i> Boneless Wings / Roll Broccoli Bites Sliced Peaches		



January Food Traditions Celebrated Around The World

German - Pork and Sauerkraut are eaten on New Years Day to bring good luck in the New Year.

Japanese - Soba Noodles, or Toshiko Shi soba are eaten New Year's eve to welcome the New Year.

Southern American - Hoppin' John, is a dish comprised of black eyed peas, pork, rice and greens.

Spanish - 12 grapes are eaten at the stroke of midnight on New Year's Eve, one for each month of the year.

Mexican - Tamales are stuffed with meat, cheese, and masa, wrapped in a banana leaf or corn husk.



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 This Institution Is An Equal Opportunity Provider - This Menu Is Subject To Change



Liberty Traditional SCHOOL Douglas

JANUARY SNACK MENU

Monday

Tuesday

Wednesday

Thursday

Friday

1

No School Today

2

No School Today

3

No School Today

4

No School Today

5

No School Today

8

Pretzel
Goldfish
Crackers

100 % Fruit Juice

9

WG Graham
Crackers &
String Cheese

100 % Fruit Juice

10

Cheex Mix

Apple Slices
&
Cherry Craisins

11

WG Baked
Hot Cheetos

100 % Fruit Juice

12

WG Cherry
Apple Crunch

100 % Fruit Juice

15

No School Today

16

WG White
Cheddar
Popcorn

100 % Fruit Juice

17

Cheez-Its

Apple Slices
&
Cherry Craisins

18

Rainbow
Goldfish
Crackers

100 % Fruit Juice

19

WG Rice
Krispie
Treat

100 % Fruit Juice

22

WG Nacho
Cheese
Doritos

100 % Fruit Juice

23

Baked
BBQ Crisps

100 % Fruit Juice

24

Cheex Mix

Apple Slices
&
Cherry Craisins

25

Pretzel
Goldfish
Crackers

100 % Fruit Juice

26

WG Cherry
Apple Crunch

100 % Fruit Juice

29

WG Honey
Bun Crackers

100 % Fruit Juice

30

WG Baked
Hot Cheetos

100 % Fruit Juice

31

Cheez-Its

Apple Slices
&
Cherry Craisins

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