

Liberty Traditional School Douglas February 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 Price Lunch - NO CHARGE! Breakfast is FREE for all!</p>			 1 Apple Loaf 100% Fruit Juice String Cheese	 2 Mini Donuts Sweet & Sour Apples Blueberry Yogurt
			Beef Quesadilla BBQ Baked Beans Fresh Grapes	Loaded TOTCHOS! Roasted Corn Mixed Berries
 5 Fudge Pop-Tart 100% Fruit Juice Bunny Friends Grahams	 6 Coco Dot Muffin Fresh Grapes Cheese Cubes	 7 Coco Puffs Cereal Applesauce Vanilla Goldfish	 8 Cinnamon Bun 100% Fruit Juice String Cheese	Bagel & Cream Cheese Rainbow Gala Apple Strawberry Go-Gurt
Crispy Chicken Tenders Baked Potato Wedges Mixed Fruit	Beef Soft Taco Steamed Broccoli Sweet Strawberries	Regular or Spicy Chicken Sandwich Mixed Vegetables Sweet Orange Slices	Chicken Tater Bowl Sweet Potato Fries Gala Apple Slices	Pepperoni Pizza BBQ Baked Beans Sliced Peaches
 12 Cinnamon UBR 100% Fruit Juice Honey Grams	 13 Team Cheerios Bar 100% Fruit Juice Cheese Cubes	 14 Trix Cereal Fruit Cup Honey Belly Bears	15 French Toast Sticks 100% Fruit Juice String Cheese	 16 Breakfast Bites Red Delicious Apple Vanilla Yogurt
Boneless Wings /Roll Roasted Corn Sliced Peaches	Soft Pretzel & Cheese Garlic Green Beans Sweet Orange Slices	Cheesy Beef Burger Broccoli Bites Mixed Berries	Mandarin Chicken Carrot Sticks & Ranch Fresh Grapes	Crispy Filet O' Fish Fiesta Beans Mango Chunks
19 	 20 Blueberry Muffin Top 100% Fruit Juice Cheese Cubes	 21 Confetti Pancakes Applesauce Vanilla Goldfish	 22 Cinnamon Bun 100% Fruit Juice String Cheese	 23 Banana Bread Sweet & Sour Apples Strawberry Go-Gurt
Pepperoni Pizza Roasted Corn Mixed Fruit	Regular or Spicy Beef Taco Stick Zesty Green Beans Sweet Orange Slices	Regular or Spicy Beef Taco Stick Zesty Green Beans Sweet Orange Slices	BBQ Chicken / Roll Sweet Potato Tots Cinnamon Apple Slices	Cheese Quesadilla Refried Beans Fresh Grapes
26 Golden Grahams Bar 100% Fruit Juice Bunny Friends Grahams	 27 Sweet Pancake Poffitz Fresh Grapes Cheese Cubes	 28 Lucky Charms Cereal Fruit Cup Honey Belly Bears	 29 Apple Frudel 100% Fruit Juice String Cheese	
Corn Dog on a Stick Curly-Q Potatoes Diced Pears	Beef Soft Taco Garlic Green Beans Sweet Strawberries	Bosco Pepperoni Stick Broccoli Bites Sliced Peaches	Baked Chicken Drum BBQ Baked Beans Sweet Orange Slices	

February Food Celebrations !

February 2nd - National Tater Tot Day
 February 9th - National Bagel Day
 February 13th - National Italian Food Day
 February 21st - National Pancake Day
 February 23rd - National Chili Day

February 8th - National Potato-Lovers Day!
 February 9th - National Pizza Day
 February 20th - National Muffin Day
 February 22nd - National Sweet Potato Day
 February 27th - National Strawberry Day

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

LIBERTY TRADITIONAL SCHOOL

FEBRUARY SNACK MENU

Monday



5
Pretzel
Goldfish
Crackers

100 % Fruit Juice

12
WG White
Cheddar
Popcorn

100 % Fruit Juice

19
No School Today

26
WG Nacho
Cheese
Doritos

100 % Fruit Juice

Tuesday



6
WG Graham
Crackers &
String Cheese

100 % Fruit Juice

13
WG Nacho
Cheese
Doritos

100 % Fruit Juice

20
WG Graham
Crackers &
String Cheese

100 % Fruit Juice

27
WG Cinnamon
Roll Crackers

100 % Fruit Juice

Wednesday



7
Chex Mix

Apple Slices
&
Cherry Craisins

14
Cheez-Its

Apple Slices
&
Cherry Craisins

21
Chex Mix

Apple Slices
&
Cherry Craisins

28
Cheez-Its

Apple Slices
&
Cherry Craisins

Thursday

1
WG White
Cheddar
Popcorn

100 % Fruit Juice

8
Baked
BBQ Crisps

100 % Fruit Juice

15
Rainbow
Goldfish
Crackers

100 % Fruit Juice

22
WG White
Cheddar
Popcorn

100 % Fruit Juice

29
WG Baked
Hot Cheetos

100 % Fruit Juice

Friday

2
WG Rice
Krispie
Treat

100 % Fruit Juice

9
WG Cinnamon
Roll Crackers

100 % Fruit Juice

16
WG Baked
Hot Cheetos

100 % Fruit Juice

23
WG Rice
Krispie
Treat

100 % Fruit Juice



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