

Liberty Traditional School

Douglas

AUGUST 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
			1 Super Banana Bread 100% Fruit Juice String Cheese 	2 Breakfast Bites Fuzzy Peaches Straw / Banana Yogurt Corn Dog on a Stick Mixed Vegetables Sliced Strawberries
5 Fudge Pop-Tart 100% Fruit Juice Bunny Friends Grahams Beefy Nacho Supreme Refried Beans Sliced Peaches	6 Blueberry Muffin Top Fresh Grapes Cheese Cubes Deli Sub Sandwich Baby Carrots / Ranch Fresh Pears	7 Apple Jacks Cereal Pineapple Fruit Cup Chocolate Tiger Grahams Baked Mozzarella & Marinara Celery Sticks /Ranch Sour Cherry Sidekick!	8 French Toast Sticks 100% Fruit Juice String Cheese Beefy Penne Pasta/Roll Broccoli Bites Cinnamon Apple Slices	9 Bagels & Cream Cheese Fresh Pears Vanilla Yogurt Pepperoni Pizza Curly-Q Potatoes Melon Medley
12 Golden Grahams Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail	13 Sweet Emoji Waffles Red Apple Slices Cheese Cubes Grilled Cheese Broccoli Bites Fresh Grapes 	14 Cinnamon Toast Cereal Watermelon Applesauce Cinnamon Bun Goldfish Boneless Wings BBQ Baked Beans Mango Sidekick! 	15 Coco Dot Muffin 100% Fruit Juice String Cheese Spaghetti & Meat Sauce Mixed Salad Greens Delicious Pears	16 Cinnamon Apple Loaf Tangy Nectarines Peach Yogurt Mandarin Chicken Steamed Carrots Melon Medley
19 Lemon Chip Crunch Bar 100% Fruit Juice Honey Belly Bears Soft Pretzel w/Cheese Sweet Corn Niblets Diced Pears	20 Carrot-Top Muffin Fresh Grapes Cheese Cubes Deli Sub Sandwich Baby Carrots / Ranch Fresh Pears	21 Froot Loops Cereal Mandarin Fruit Cup Giant Vanilla Goldfish Bosco Pizza Stick Green Beans Mango Berry Sidekick! 	22 Super Pumpkin Bread 100% Fruit Juice String Cheese Chicken Chow Mein Broccoli Bites Fresh Grapes	23 Mini Donuts Purple Plums Strawberry Go-Gurt Pepperoni Pizza Mixed Salad Greens Golden Bananas
26 Team Cheerios Bar 100% Fruit Juice Bunny Friends Grahams Beefy Walking Taco Shoe String Potatoes Sliced Peaches	27 Super Donut Green Apple Slices Cheese Cubes Grilled Cheese Celery Sticks / Ranch Fresh Grapes	28 Strawberry Bagel Bar Peach Apple Sauce Vanilla Chat Snacks Mozzarella Cheese Sticks & Marinara Broccoli Bites Sweet Orange Slices	29 Blueberry Loaf 100% Fruit Juice String Cheese Chicken Alfredo / Roll Mixed Salad Greens Melon Medley	30 Triple Berry Waffles Fuzzy Peaches Straw/ Banana Yogurt Baked Chicken / Roll Mixed Vegetables Rainbow Apple Slices

WELCOME

BACK TO SCHOOL



Meals are FREE for all students - no need to complete a meal application!
 This institution is an Equal Opportunity Provider

Liberty Traditional School Douglas

August Snack Menu 2024

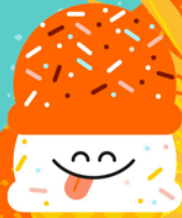
Monday

Tuesday

Wednesday

Thursday

Friday



WG Nacho Cheese Doritos **5**

100 % Fruit Juice

Baked BBQ Crisps **12**

100 % Fruit Juice

WG Cinnamon Crips **19**

100 % Fruit Juice

WG Scooby – Doo Crackers **26**

100 % Fruit Juice

WG Scooby – Doo Crackers **6**

100 % Fruit Juice

WG Double Chocolate Oatmeal Bar **13**

100 % Fruit Juice

WG Graham Crackers & String Cheese **20**

100 % Fruit Juice

WG Nacho Cheese Doritos **27**

100 % Fruit Juice

Chex Mix **7**
Apple Slices & Orange Craisins

Cheez – Its **14**
Orange Slices & Lemonade Craisins

Chex Mix **21**
Apple Slices & Cherry Craisins

Cheez – Its **28**
Orange Slices &

Watermelon Craisins

WG White Cheddar Popcorn **1**

100 % Fruit Juice

WG Graham Crackers & String Cheese **8**

100 % Fruit Juice

WG Baked Cheetos **15**

100 % Fruit Juice

WG White Cheddar Popcorn **22**

100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar **29**

100 % Fruit Juice

WG Cinnamon Roll Crackers **2**

100 % Fruit Juice

WG Rice Krispie Treat **9**

100 % Fruit Juice

Rainbow Goldfish Crackers **16**

100 % Fruit Juice

WG Rice Krispie Treat **23**

100 % Fruit Juice

Baked Cheddar Crisps **30**

100 % Fruit Juice

This Institution Is an Equal Opportunity Provider