

# Liberty Traditional School Douglas 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
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2	3	4	5	6
	Strawberry Pop-Tart 100% Fruit Juice Cheese Cubes Regular or Spicy Beef Taco Stick Tater Smiles Cinnamon Applesauce	Maple Waffles Pineapple Fruit Cup Cinnamon Bun Goldfish Deli Sub Sandwich Baby Carrots / Ranch Fresh Grapes	Super Donut 100 % Fruit Juice String Cheese Chicken Eggroll / Rice Mixed Vegetables Sweet Orange Slices	Double Chocolate Muffin Apple Grins Peach Yogurt Pepperoni Pizza Mixed Salad Greens Melon Medley

9	10	11	12	13
Cinnamon UBR 100% Fruit Juice Honey Belly Bears Chili Cheese Nachos Steamed Broccoli Diced Pears	Apple Frudel Red Apple Slices Cheese Cubes Cheesy Beef Burger Baby Carrots / Ranch Fresh Grapes	Coco Puff's Cereal Bar Cinnamon Applesauce Giant Vanilla Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	Super Banana Bread 100% Fruit Juice String Cheese Cheese Enchiladas Mexicali Corn Melon Medley	Mini Donuts Tangy Nectarines Vanilla Yogurt Sloppy Joes Refried Beans Sweet Orange Slices

16	17	18	19	20
	Blueberry Loaf Fresh Grapes Cheese Cubes Walking Taco Baked Potato Wedges Sliced Peaches	Breakfast Bites Mandarin Fruit Cup Chocolate Tiger Grahams Deli Sub Sandwich Baby Carrots / Ranch Fresh Grapes	Mini Cinni's 100% Fruit Juice String Cheese Mandarin Chicken Bowl Broccoli Bites Sweet Orange Slices	Bagels & Cream Cheese Apple Grins Strawberry Go-Gurt Pepperoni Pizza Mixed Salad Greens Melon Medley

23	24	25	26	27
Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail	Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices	Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears

30
Lemon Chip Crunch Bar 100% Fruit Juice Vanilla Chat Snacks Beefy Nacho Supreme Sweet Corn nibletts Sliced Peaches

Free Breakfast and Lunch for all students!

Meals are FREE for all students - no need to complete a meal application!  
 This Institution Is An Equal Opportunity Provider

# Liberty Traditional School

## September Snack Menu



**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

2

No School Today

WG Cinnamon  
Roll Crackers

3

100 % Fruit Juice

Chex Mix

4

Apple Slices  
&  
Cherry Craisins

WG Graham  
Crackers &  
String Cheese

5

100 % Fruit Juice

Rainbow  
Goldfish  
Crackers

6

100 % Fruit Juice

WG White  
Cheddar  
Popcorn

9

100 % Fruit Juice

WG Baked  
Cheetos

10

100 % Fruit Juice

Cheez – Its

11

Orange Slices  
&  
Lemonade Craisins

WG Chocolate  
Chip Oatmeal  
Bar

12

100 % Fruit Juice

WG Rice  
Krispie  
Treat

13

100 % Fruit Juice

No School Today

16

WG Graham  
Crackers &  
String Cheese

17

100 % Fruit Juice

Chex Mix

18

Apple Slices  
&  
Strawberry Craisins

WG Cinnamon  
Roll Crackers

19

100 % Fruit Juice

WG Cheddar  
Sun Chips

20

100 % Fruit Juice

Pretzel  
Goldfish  
Crackers

23

100 % Fruit Juice

WG White  
Cheddar  
Popcorn

24

100 % Fruit Juice

Cheez – Its

25

Orange Slices  
&  
Watermelon Craisins

WG Baked  
Cheetos

26

100 % Fruit Juice

WG Rice  
Krispie  
Treat

27

100 % Fruit Juice

WG Chocolate  
Chip Oatmeal  
Bar

30

100 % Fruit Juice



[Enter Additional Info]

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SCHOOL  
BUCKS

PAY FOR MEALS ONLINE

MySchoolBucks.com