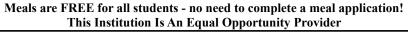
Liberty Traditional School Douglas

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.

2chreilin				
Monday	Tuesday	Wednesday	Thursday	Friday
·	·			
	Dairy	Million Co.		
Fruits Grains				
Vegetables Protein		THE RES		
	VectorSto	ck	VectorStock.com/21502070	
2	3	A 4	5	6
<u>-</u>	Strawberry Pop-Tart	Maple Waffles	Super Donut	Double Chocolate Muffin
	100% Fruit Juice	Pineapple Fruit Cup	100 % Fruit Juice	Apple Grins
TADOD	Cheese Cubes	Cinnamon Bun Goldfish	,	Peach Yogurt
II.A B(*)R		Cilinamon ban Golajish	String Cheese	Peach logart
	Regular or Spicy			
Day	Beef Taco Stick	Deli Sub Sandwich	Chicken Eggroll / Rice	Pepperoni Pizza
	Tater Smiles	Baby Carrots / Ranch	Mixed Vegetables	Mixed Salad Greens
0	Cinnamon Applesauce	Fresh Grapes	Sweet Orange Slices	Melon Medley
9 C'	10	11	12	13
Cinnamon UBR	Apple Frudel	Coco Puff's Cereal Bar	Super Banana Bread	Mini Donuts
100% Fruit Juice	Red Apple Slices	Cinnamon Applesauce	100% Fruit Juice	Tangy Nectarines
Honey Belly Bears	Cheese Cubes	Giant Vanilla Goldfish	String Cheese	Vanilla Yogurt
Chili Cheese Nachos	Cheesy Beef Burger	Cheese Quesadilla	Cheese Enchiladas	Sloppy Joes
Steamed Broccoli	Baby Carrots / Ranch	Celery Sticks / Ranch	Mexicali Corn	Refried Beans
Diced Pears	Fresh Grapes	Golden Bananas	Melon Medley	Sweet Orange Slices
16	17	18	19	20
	Blueberry Loaf	Breakfast Bites	Mini Cinni's	Bagels & Cream Cheese
welfeder N. I	Fresh Grapes	Mandarin Fruit Cup	100% Fruit Juice	Apple Grins
WW NO	Cheese Cubes	Chocolate Tiger Grahams	String Cheese	Strawberry Go-Gurt
				berawberry do dare
School				strawberry do dare
School	Walking Taco	Deli Sub Sandwich	Mandarin Chicken Bowl	Pepperoni Pizza
School	Walking Taco Baked Potato Wedges	Deli Sub Sandwich Baby Carrots / Ranch	Mandarin Chicken Bowl Broccoli Bites	,
School	_			Pepperoni Pizza
School 23	Baked Potato Wedges	Baby Carrots / Ranch	Broccoli Bites	Pepperoni Pizza Mixed Salad Greens
***************************************	Baked Potato Wedges Sliced Peaches	Baby Carrots / Ranch Fresh Grapes	Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley
23	Baked Potato Wedges Sliced Peaches	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar	Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts
23 Cinnamon Toast Bar	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts
23 Cinnamon Toast Bar 100% Fruit Juice	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums
23 Cinnamon Toast Bar 100% Fruit Juice	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30 Lemon Chip Crunch Bar	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30 Lemon Chip Crunch Bar 100% Fruit Juice	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30 Lemon Chip Crunch Bar 100% Fruit Juice	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30 Lemon Chip Crunch Bar 100% Fruit Juice Vanilla Chat Snacks	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas Brea Lunch	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices Kfast Tor all	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30 Lemon Chip Crunch Bar 100% Fruit Juice Vanilla Chat Snacks Beefy Nacho Supreme	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices Kfast Tor all	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears
23 Cinnamon Toast Bar 100% Fruit Juice Mini Honey Grahams Rib-BQ Sandwich Baby Bakers Fruit Cocktail 30 Lemon Chip Crunch Bar 100% Fruit Juice Vanilla Chat Snacks Beefy Nacho Supreme Sweet Corn nibletts	Baked Potato Wedges Sliced Peaches 24 Confetti Pancakes Green Apple Slices Cheese Cubes Baked Chicken / Roll Steamed Carrots Fresh Grapes	Baby Carrots / Ranch Fresh Grapes 25 Strawberry Bagel Bar Watermelon Applesauce Cinnamon Bun Goldfish Cheese Quesadilla Celery Sticks / Ranch Golden Bananas Brea Lunch	Broccoli Bites Sweet Orange Slices 26 French Toast Sticks 100% Fruit Juice String Cheese Italian Meatball Sub Broccoli Bites Sweet Orange Slices Kfast Tor all	Pepperoni Pizza Mixed Salad Greens Melon Medley 27 Mini Donuts Purple Plums Peach Yogurt Chicken Chow Mein Refried Beans Delicious Pears





Liberty Traditional School



September Snack Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	WG Cinnamon 3	Chex Mix 4	WG Graham 5	Rainbow 6
	_	Roll Crackers		Crackers &	Goldfish
	No School Today		Apple Slices	String Cheese	Crackers
	No School loday		&		
		100 % Fruit Juice	Cherry Craisins	100 % Fruit Juice	100 % Fruit Juice
	WG White 9	WG Baked 10	Cheez – Its	WG Chocolate 12	WG Rice 13
	Cheddar	Cheetos		Chip Oatmeal	Krispie
	Popcorn		Orange Slices	Bar	Treat
			&		
	100 % Fruit Juice	100 % Fruit Juice	Lemonade Craisins	100 % Fruit Juice	100 % Fruit Juice
	16	WG Graham 17	Chex Mix 18	WG Cinnamon 19	WG Cheddar 20
		Crackers &		Roll Crackers	Sun Chips
	No School Today	String Cheese	Apple Slices		
			&		
		100 % Fruit Juice	Strawberry Craisins	100 % Fruit Juice	100 % Fruit Juice
	Pretzel 23	WG White 24	Cheez – Its 25	WG Baked 26	WG Rice 27
	Goldfish	Cheddar		Cheetos	Krispie
	Crackers	Popcorn	Orange Slices		Treat
			&	1000/ 5 1:11	1000/ 5 1111
	100 % Fruit Juice	100 % Fruit Juice	Watermelon Craisins	100 % Fruit Juice	100 % Fruit Juice
	WG Chocolate 30	-			2+2
	Chip Oatmeal			+	
	Bar			X	÷
	1000/ 5 1:11			The state of the s	
	100 % Fruit Juice			1111	