

# Liberty Traditional School Douglas DECEMBER 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
2	3	4	5	6
<i>Breakfast Bites</i> <i>100% Fruit Juice</i> <i>Mini Honey Grahams</i>  Chicken Nacho Supreme Refried Beans Fresh Fruit Mix	<i>Mini Cinnis</i> <i>Apple Grins</i> <i>Cheese Cubes</i>  Mandarin Chicken / Rice Green Beans Sweet Orange Slices	<i>Coco Puff's Cereal</i> <i>Pineapple Fruit Cup</i> <i>Giant Vanilla Goldfish</i>  Hawaiian Sandwich Carrot Coins Sliced Pears	<i>Confetti Pancakes</i> <i>100% Fruit Juice</i> <i>String Cheese</i>  Spaghetti / Meatballs Steamed Broccoli Melon Medley	<i>Cinnamon Bun</i> <i>Golden Bananas</i> <i>Peach Yogurt</i>  Pepperoni Pizza Tater Tots Fresh Grapes
9	10	11	12	13
<i>Strawberry Pop-Tart</i> <i>100% Fruit Juice</i> <i>Vanilla Chat Snacks</i>  Baked Chicken / Roll BBQ Baked Beans Diced Pears	<i>Blueberry Muffin Top</i> <i>Fresh Grapes</i> <i>Cheese Cubes</i>  Corn Dog on a Stick Mixed Vegetables Sweet Orange Slices	<i>Lucky Charms Cereal</i> <i>Applesauce</i> <i>Tiger Grahams</i>  Chicken Quesadilla Baby Carrots / Ranch Gala Apple Slices	<i>Banana Muffin</i> <i>100% Fruit Juice</i> <i>String Cheese</i>  BBQ Chicken Flatbread Steamed Broccoli Fresh Grapes	<i>Apple Frudel</i> <i>Apple Grins</i> <i>Vanilla Yogurt</i>  Sloppy Joes Baked Potato Wedges Melon Medley
16	17	18	19	20
<i>Fruit Loop Waffles</i> <i>100% Fruit Juice</i> <i>Crispy Bacon</i>  Funyuns Crunch Burger Roasted Corn Golden Bananas	<i>Double Chocolate Muffin</i> <i>Applesauce</i> <i>Cheese Cubes</i>  Pork Tamales Steamed Broccoli Sweet Orange Slices	<i>Cinnamon Toast Cereal</i> <i>Mandarin Fruit Cup</i> <i>Honey Grahams</i>  Hawaiian Sandwich Mixed Vegetables Cinnamon Applesauce	<i>Strawberry Bagel Bar</i> <i>100% Fruit Juice</i> <i>String Cheese</i>  Pepperoni Pizza Celery Sticks / Ranch Mixed Berry Fruit Cup	<i>Mini Donuts</i> <i>Fresh Grapes</i> <i>Strawberry Go-Gurt</i>  <b>Early Release</b> <b>No Lunch!</b>



**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 DOUGLAS

## DECEMBER SNACK MENU



### Monday

Rainbow Goldfish Crackers **2**

100 % Fruit Juice

WG Heartzel Pretzels **9**

100 % Fruit Juice

WG Nacho Cheese Doritos **16**

100 % Fruit Juice

**23**

No School Today

**30**

No School Today

### Tuesday

WG Graham Crackers & String Cheese **3**

100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar **10**

100 % Fruit Juice

WG White Cheddar Popcorn **17**

100 % Fruit Juice

**24**

No School Today

**31**

No School Today

### Wednesday

Cheez-Its **4**

Fresh Fruit Variety & Strawberry Raisins

Chex Mix **11**

Apple Slices & Cherry Craisins

Cheez-Its **18**

Fresh Fruit Variety & Strawberry Raisins

**25**

No School Today

### Thursday

WG Cheddar Sun Chips **5**

100 % Fruit Juice

WG Nacho Cheese Doritos **12**

100 % Fruit Juice

WG Graham Crackers & String Cheese **19**

100 % Fruit Juice

**26**

No School Today

### Friday

WG Baked Cheetos **6**

100 % Fruit Juice

WG Rice Krispie Treat **13**

100 % Fruit Juice

**20**

No After Care Today

**27**

No School Today

