

# Liberty Traditional School Douglas January 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	2	3
6	7	8	9	10
<i>Fudge Pop-Tart</i> 100% Fruit Juice Mini Honey Grahams  Spaghetti & Meat Sauce Crinkle Cut Zucchini Fresh Fruit Variety	<i>Carrot Top Muffin</i> Apple Grins Cheese Cubes  Hot Diggity Dog BBQ Baked Beans Sweet Orange Slices	<i>Coco Puffs Cereal</i> Pineapple Fruit Cup Giant Vanilla Goldfish  Cheese Quesadilla Baby Carrots / Ranch Sliced Pears	<i>Super Banana Bread</i> 100% Fruit Juice String Cheese  Chicken Alfredo / Roll Broccoli Bites Cinnamon Applesauce	<i>Cinnamon Bun</i> Golden Bananas Peach Yogurt  Pepperoni Pizza Curly Q Potatoes Sliced Strawberries
13	14	15	16	17
<i>Mini Donuts</i> 100% Fruit Juice Tiger Grahams  Porky Mac & Cheese Tater Smiles Sliced Peaches	<i>Confetti Pancakes</i> Fresh Grapes Cheese Cubes  BBQ Chicken / Roll Sweet Potato Fries Gala Apple Slices	<i>Lucky Charms Cereal</i> Strawberry Applesauce Honeybun Goldfish  Hawaiian Sandwich Celery Sticks/ Ranch Sweet Orange Slices	<i>Blueberry Muffin Top</i> 100% Fruit Juice String Cheese  Cheese Enchiladas Steamed Broccoli Fresh Grapes	<i>French Toast Sticks</i> Apple Grins Vanilla Yogurt  Chili Bowl / Cornbread Refried Beans Melon Medley
20	21	22	23	24
 Beef Nacho Supreme Cali Blend Veggies Applesauce	<i>Lemon Chip Crunch</i> Apple Grins Cheese Cubes  Beef Nacho Supreme Cali Blend Veggies Applesauce	<i>Froot Loops Cereal</i> Mandarin Fruit Cup Vanilla Chat Snacks  Deli Sub Sandwich Baby Carrots / Ranch Sliced Pears	<i>Mini Cinnis</i> 100% Fruit Juice String Cheese  Mandarin Chicken Broccoli Bites Sliced Strawberries	<i>Breakfast Bites</i> Golden Bananas Strawberry Go-Gurt  Pepperoni Pizza Mixed Salad Greens Fresh Fruit Variety
27	28	29	30	31
<i>Apple Frudel</i> 100% Fruit Juice Mini Honey Grahams  Beef Taco Stick Roasted Corn Golden Bananas	<i>Double Chocolate Muffin</i> Fresh Grapes Cheese Cubes  Chicken Tenders / Roll Vegetable Medley Gala Apple Slices	<i>Trix Cereal</i> Cinnamon Applesauce Giant Vanilla Goldfish  Chicken Quesadilla Celery Sticks / Ranch Sweet Orange Slices	<i>Strawberry Bagel Bar</i> 100% Fruit Juice String Cheese  Baked Chicken / Roll Steamed Broccoli Fresh Grapes	<i>Mini Donuts</i> Apple Grins Peach Yogurt  Cheeseburger Sweet Potato Tots Melon Medley

**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 January Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday



1

No School Today

2

No School Today

3

No School Today

6

Rainbow Goldfish Crackers

100 % Fruit Juice

7

WG White Cheddar Popcorn

100 % Fruit Juice

8

Cheez-Its  
Fresh Fruit Variety &  
Orange Craisins

9

WG Baked Cheetos

100 % Fruit Juice

10

WG Rice Krispie Treat

100 % Fruit Juice

13

WG Nacho Cheese Doritos

100 % Fruit Juice

14

WG Blueberry Nutri-Grain Bar

100 % Fruit Juice

15

Chex Mix  
Apple Slices &  
Raspberry Raisins

16

WG Graham Crackers &  
String Cheese

100 % Fruit Juice

17

WG Chocolate Chip Oatmeal Bar

100 % Fruit Juice

20

No School Today

21

Goldfish Pretzel Crackers

100 % Fruit Juice

22

Cheez-Its  
Fresh Fruit Variety &  
Strawberry Craisins

23

WG White Cheddar Popcorn

100 % Fruit Juice

24

WG Rice Krispie Treat

100 % Fruit Juice

27

WG Graham Crackers &  
String Cheese

100 % Fruit Juice

28

WG Nacho Cheese Doritos

100 % Fruit Juice

29

Chex Mix  
Apple Slices &  
Watermelon Raisins

30

WG Baked Cheetos

100 % Fruit Juice

31

WG Strawberry Nutri-Grain Bar

100 % Fruit Juice

This Institution Is an Equal Opportunity Provider

MY SCHOOL BUCKS

PAY FOR MEALS ONLINE  
MySchoolBucks.com