




# Liberty Traditional School October Menu


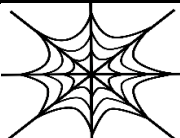
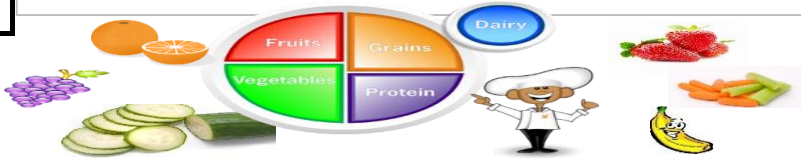


Free Hot Breakfast, and Fresh Fruit and Salad Bar Daily in the Cafeteria!!  
Coming Soon - Apply Funds to your Child's lunch Account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
 Apple Frudel Roasted Ham Chicken Quesadilla Sloppy Joes Baked Potato Wedges	Breakfast Sandwich Fruit Bar Grilled Cheese Beefy Tomato Goulash Fiesta Beans	Cinnamon Toast Roasted Sausage Ranchero Chicken/Roll Apple Sauce Mixed Veggies	Bagel + Crm/Cheese Cheesy Scrambled Eggs Cheese Burger Mixed Fruit Sweet Peas / Corn	Blueberry Muffin Hash Brown Patty Mini Corn Dogs Carrot Coins Grapes
9	10	11	12	13
Cinnamon UBR Roasted Sausage Deli Sub Chicken Noodle Bake Tater Tots	Cheesy Omelet Home made Toast Orange Chicken Bowl Hot Diggity Dog BBQ Beans	Apple Loaf Hash Brown Patty Chicken Smackers Mixed Fruit Vegetable Medley	Breakfast Burrito Fruit Bar Rotini & Meat Sauce BBQ Chicken Sandwich Sweet Potato Tots	Cinnamon Pop Tart Roasted Ham Hot Ham/Cheese Bun Fish Stix Steamed Broccoli
16	17	18	19	20
<b>NO SCHOOL -- HAPPY FALL BREAK !!</b>				



23	24	25	26	27
 Cereal Bar Hash Brown Patty Crispy Clucker Beefy Quesadilla Baked Curly Fries	 Cinnamon Bun Roasted Ham Chicken Fajitas Deli Sub Refried Beans	Breakfast Sandwich Fruit Bar Tony's Pizza !! Green Beans Mixed Fruit	Cherry Frudel Roasted Sausage BBQ Chicken & Roll Grilled Cheese Sweet Potato Fries	Cinnamon Toast Cheesy Scrambled Eggs Shrimp Poppers Chick'n Mash Tater Bowl Steamed Broccoli
29	30	<b>LTS Cafeteria Reminders :</b> <b>Free HOT Breakfast in the Cafeteria daily from 7:15 - 7:55</b> <b>Eat 3-5 Fruits and Vegetable every day !!</b>		
Coco Dot Muffin Apple Sauce / Raisin Chicken Tenders Baked Mozzarella Roasted Corn	Breakfast Burrito Juice / Craisins ! Homemade Chili Bowl Cheeseburger BBQ Beans			

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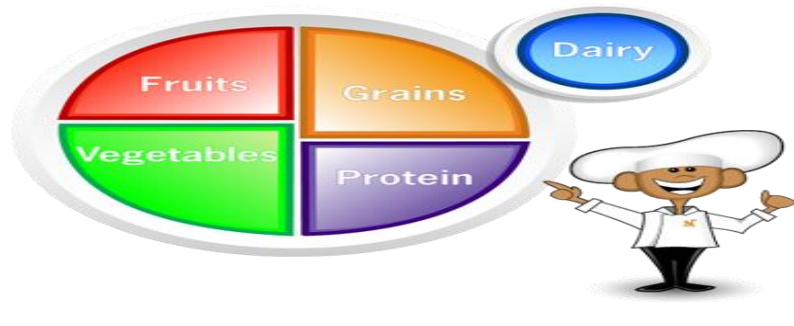
# LTS OCTOBER SNACK MENU



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
String Cheese & Grippzzz 100% Fruit Juice	Baked Chips 100% Fruit Juice	Carrots & Lofat Ranch 100% Fruit Juice	Goldfish Pretzels Fat Free Milk	Cinnamon Elf Grahams 100% Fruit Juice
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Cheez - Its 100% Fruit Juice	Strawberry Chex Mix 100% Fruit Juice	Harvest Cheddar Sun Chips 100% Fruit Juice	Apple Slices Fat Free Milk	NO AFTER CARE
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>

**Happy Fall BREAK !!**

<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Celery & Lofat Ranch 100% Fruit Juice	Goldfish Pretzels 100% Fruit Juice	Chocolate Elf Graham 100% Fruit Juice	String Cheese & Grippzzz 100% Fruit Juice	Grape Escapes Fat Free Milk
<b>30</b>	<b>31</b>			
Baked Chips 100% Fruit Juice	Goldfish Pretzels Fat Free Milk			



MENU SUBJECT TO CHANGE

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