

# Liberty Traditional School



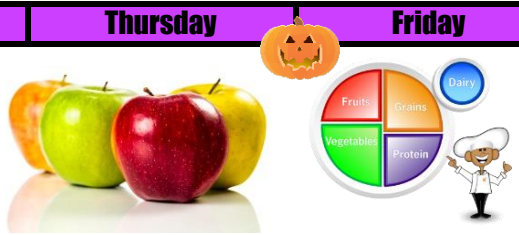
## OCTOBER MENU

Free Breakfast Daily in the cafeteria! In addition to menu items, we offer choice of Fat Free or 1% Low fat milk, low sugar cereal and full service fruit and vegetable bar!

Apply Funds to your Child's lunch Account at [www.myschoolbucks.com](http://www.myschoolbucks.com)

**Monday**      **Tuesday**      **Wednesday**      **Thursday**      **Friday**

**October is National Apple Month !**  
 This month, the cafeteria will be featuring a variety apples and apple recipes to help celebrate one of our most nutritious snacks!



1	2	3	4	5
Strawberry Poptart Potato Baby Cakes	Cinnamon UBR Sausage Patties	Breakfast Sandwich Scrambled Eggs	Apple Frudel Roasted Ham	Creamy Carrot Bun Turkey Bacon Strips
<b>Chili Nachos &amp; Cheese</b> <b>Beefy Goulash</b> <b>Baked Potato Wedges</b>	<b>Breakfast 4 Lunch !</b> <b>Mini Corn Dogs</b> <b>Baked Beans</b>	<b>Tony's Pizza</b> <b>Green Beans</b> <b>Apple Sauce</b>	<b>Bean and Cheese Burrito</b> <b>Baked Mozzarella</b> <b>Sweet Potato Fries</b>	<b>Grilled Cheese Sandwich</b> <b>Mixed Fruit</b> <b>Steamed Broccoli</b>
8	9	10	11	12
French Toast Sticks Fresh Fruit	Blueberry Muffin Sausage Patties	Breakfast Burrito Hash Brown	Cherry Muffin Scrambled Eggs	
<b>Chili Mac &amp; Cheese</b> <b>Taco Salad Bowl</b> <b>Roasted Sweet Corn</b>	<b>Beefy Cheese Tostadas</b> <b>BBQ Chicken w/Roll</b> <b>Fiesta Beans</b>	<b>Mini Chicken Tacos</b> <b>Vegetable Medley</b> <b>Sliced Peaches</b>	<b>Boneless Wings</b> <b>Mixed Fruit</b> <b>Carrot Coins</b>	
15	16	17	18	19



22	23	24	25	26
Mini Donuts Fresh Fruit	Strawberry Bagel Sausage Patties	Breakfast Sandwich Hash Brown	Apple Churro Turkey Bacon Strips	Pancake Sandwich Potato Baby Cakes
<b>Stuffed Crust Pizza</b> <b>Beefy Nacho Supreme</b> <b>Baked Potato Wedges</b>	<b>General Tso's Chicken</b> <b>Beef Quesadilla</b> <b>Cheesy Bean Bowl</b>	<b>Oven Baked Chicken</b> <b>Green Beans</b> <b>Fruit Cup</b>	<b>Cheesy Stuffed Shells</b> <b>Grilled Chicken Sandwich</b> <b>Sweet Potato Fries</b>	<b>Philly Cheese Steak Sub</b> <b>Fish Sticks</b> <b>Steamed Broccoli</b>

29	30	31
Breakfast Burrito Potato Baby Cakes	Donut Fritters Scrambled Eggs	Cinnamon Rolls Sausage Patties
<b>Pulled Pork Sandwich</b> <b>Porky Mac &amp; Cheese</b> <b>Roasted Sweet Corn</b>	<b>Chicken Pozole</b> <b>Chicken Fajitas</b> <b>Cheesy Refried Beans</b>	<b>Pepperoni Calzone</b> <b>Vegetable Medley</b> <b>Apple BOO Fruit Cup</b>



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