

August 2019

Liberty Traditional School

SNACK MENU



Nutrition Tip: August is Family Meals Month! Family meals around the table provide an opportunity to spend time together. Make time for family meals when planning your household's schedule each week. Try to cook, eat up, and clean up together!



Reference: USDA MyPlate

Monday



WG Baked Cheetos **5**
100% Fruit Juice

WG Goldfish Pretzel **12**
100% Fruit Juice

WG Chocolate Elf Grahams **19**
100% Fruit Juice

WG Cool Ranch Doritos **26**
100% Fruit Juice

Tuesday



Honey Graham Crackers **6**
100% Fruit Juice

Apple Nutri-Grain Bar **13**
Low Fat Milk

Cheddar Chex Mix **20**
100% Fruit Juice

Carrots & FF Ranch **27**
100% Fruit Juice

Wednesday

Strawberry Chex Mix **7**
Low Fat Milk

WG Funyuns **14**
100% Fruit Juice

WG Baked Cheetos **21**
100% Fruit Juice

WG Funyuns **28**
100% Fruit Juice

Thursday

WG CHEEZ ITS **1**
100% Fruit Juice

WG Cheesy Doritos **8**
100% Fruit Juice

Cheese Sticks & Crackers **15**
100% Fruit Juice

Strawberry Chex Mix **22**
Low Fat Milk

WG Cheddar Goldfish **29**
100% Fruit Juice

Friday

Cheese Sticks Crackers **2**
100% Fruit Juice

Carrots & FF Ranch **9**
100% Fruit Juice

WG Baked Chips **16**
100% Fruit Juice

No School! **23**

WG CHEEZ ITS **30**
100% Fruit Juice

LIBERTY TRADITIONAL SCHOOL August Menu



Free Breakfast In the Classroom Daily! In addition to menu items, we offer Fat Free or 1% FF Milk, Fresh Fruit and Juice Variety !

Apply Funds to your child's lunch Account at www.myschoolbucks.com

Monday	Tuesday	Wednesday	Thursday	Friday
29	30	31	1	2
Apple Muffin Red Delicious Apple Pulled Pork Sandwich Philly Cheese Steak Mixed Vegetables	Donut Fritters Craisins / Fruit Juice Chorizo Burrito French Toast / Sausage Potato Baby Cakes	Apple Frudel Fresh Pears Tony's Pizza Mixed Vegetables Fruit Cocktail	Cinnamon UBR Apple Sauce / Fruit Juice Ravioli & Meat sauce Chicken Quesadilla Steamed Broccoli	Cherry Apple Crunch Fresh Grapes / Fruit Juice Shrimp Poppers Chicken Pozole Sweet Potato Tots
5	6	7	8	9
Strawberry Pop tart Sweet & Sour Apple Baked Chicken Crunchy Beef Tacos Baked Potato Wedges	Cinnamon Raisin Bagel Apple Chips / Fruit Juice Steak Burrito Bowl Filet O'Fish Sandwich Cheesy Refried Beans	Mini Donuts Fresh Bananas Boneless Wings Mixed Vegetables Fruit Cocktail	Breakfast Bun Sliced Apples / Fruit Juice Spaghetti & Meatballs Crispy Grilled Cheese Carrot Coins	Blueberry Muffin Mini Oranges / Fruit Juice SloppyJoe's Orange Chicken I Steamed Broccoli
12	13	14	15	16
Team Cheerios Bar Rainbow Gala Apple Stuffed Crust Pizza Nacho Supreme Shoe String Potatoes	Cherry Frudel Craisins / Fruit Juice Porky Mac N'Cheese Chicken Fajitas Fiesta Beans	Mini Cinni's Fresh Pears Baked Mozzarella Green Beans Peaches	Cinnamon Apple Loaf Apple Sauce / Fruit Juice Crispy Clucker Deli Sub Sandwich Sweet Potato Fries	Donut Fritters Fresh Grapes / Fruit Juice Seafood Platter Lasagna Roll Up Steamed Broccoli
19	20	21	22	23
Banana Muffin Red Delicious Apple Baked Bosco Stick Hot Diggity Dog Baked Curly Fries	Strawberry Bagel Bar Apple Chips / Fruit Juice Teriyaki Chicken Bowl Bean & Cheese Burrito Steamed Broccoli	COCO Dot Muffin Fresh Bananas Mini Chicken Tacos Vegetable Medley Pineapple Chunks	Lemon Chip Crunch Bar Sliced Apples / Fruit Juice Crispy Fish Sticks Meatball Sub BBQ Baked Beans	No School!
26	27	28	29	30
Co Co Puffs Cereal Bar Sweet & Sour Apple Chicken Tenders Cheeseburger Tater Tots	Cinnamon UBR Craisins / Fruit Juice Chicken Eggroll w/Rice Beef Quesadilla Refried Beans	Apple Frudel Fresh Pears Tony's Pizza Mixed Vegetables Fruit Cocktail	Super Vanilla Donut Fresh Grapes / Fruit Juice Hot Ham & Cheese Beefy Goulash Steamed Broccoli	Breakfast Bun Apple Chips / Fruit Juice Cheesy Enchiladas Chicken Pozole Sweet Potato Tots

Meal Price - \$2.85
Reduced Meal Price - \$0.40
Ala Carte Milk - \$0.50
Side Fruit/Vegetable \$0.75
Adult Meal Lunch - \$3.65



Fill out an application to apply for FREE or REDUCED lunches



This Institution Is An Equal Opportunity Provider
FREE BREAKFAST IN THE CLASSROOM DAILY !

