

# Liberty Traditional School

## OCTOBER 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](http://www.myschoolbucks.com)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	Blueberry Vanilla Bites Apple Chips / Fruit Juice Pulled Pork Sandwich Twisted Mac & Cheese Mixed Vegetables	 Mini Donuts Fresh Bananas Cheesy Burger Green Beans Diced Peaches 	Cinnamon UBR Sliced Apples / Fruit Juice Hot Ham & Cheese Ceviche Tuna Salad Steamed Broccoli	Cherry Apple Crunch Mini Oranges / Fruit Juice Sun butter / Jelly  Crispy Fish Sticks Sweet Potato Fries
7	8	9	10	11
 Fudge Pop Tart Sweet & Sour Apple BBQ Chicken / Roll Crispy Clucker BBQ Baked Beans	Cinnamon Cream Bagel Craisins / Fruit Juice Orange Chicken Bowl Breakfast 4 Lunch! Baked Potato Wedges	 Blueberry Muffin Fresh Pears Pizza Pockets Vegetable Medley Fresh Fruit	Lemon Chip Crunch Bar Apple Sauce / Fruit Juice Chicken Tenders Celery Sticks / Ranch Fruit Cup	
14	15	16	17	18
				
21	22	23	24	25
 Banana Muffin Red Delicious Apple Stuffed Crust Pizza Nacho Supreme Baked Curly Fries	Breakfast Bun Apple Chips / Fruit Juice Mini Ravioli Steak Burrito Bowl Steamed Broccoli	 Super Pro Dunker Fresh Bananas Boneless Wings Mixed Vegetables Pineapple Chunks	 Mini Cinni's Sliced Apples / Fruit Juice Soft Pretzel w/Cheese Baked Chicken / Roll Sweet Potato Tots	Strawberry Bagel Bar Fresh Grapes / Fruit Juice Seafood Platter Chicken Egg roll / Rice Steamed Broccoli
28	29	30	31	
Cinnamon Crunch Bar Rainbow Gala Apple Baked Mozzarella Sloppy Joes Potato Smiles 	Cherry Muffin Craisins / Fruit Juice Cheesy Enchiladas Chicken Pozole Refried Beans 	 Mini Donuts Fresh Pears Tony's Pizza Green Beans Fruit Cocktail 	Super Vanilla Donut Apple Sauce / Fruit Juice Spaghetti & Meatballs Home made Chili Bowl Steamed Broccoli	

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



**Did you know :**  
 There are many health benefits to eating pumpkin? It is a low calorie food, boosts your immune system, and helps promote heart & skin health!



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



# Liberty Traditional School October

# SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>1</b> WG BAKED FUNYUNS 100 % FRUIT JUICE	<b>2</b> STRING CHEESE & CRACKERS 100 % FRUIT JUICE	<b>3</b> BLUE BERRY NUTRI-GRAIN BAR 100 % FRUIT JUICE	<b>4</b> FUDGE POP TART FAT FREE MILK
<b>7</b> WG BAKED CHEETOS 100 % FRUIT JUICE	<b>8</b> WG CHEEZ IT CRACKERS 100 % FRUIT JUICE	<b>9</b> CINNAMON ELF GRAHAM CRACKERS 100 % FRUIT JUICE	<b>10</b> WG CHEDDAR GOLDFISH 100 % FRUIT JUICE	<b>11</b> NO SCHOOL!
<b>14</b> NO SCHOOL!	<b>15</b> NO SCHOOL!	<b>16</b> NO SCHOOL!	<b>17</b> NO SCHOOL!	<b>18</b> NO SCHOOL!
<b>21</b> REDUCED FAT COOL RANCH DORITOS 100 % FRUIT JUICE	<b>22</b> STRAWBERRY CHEX MIX 100 % FRUIT JUICE	<b>23</b> HONEY GRAHAM CRACKERS 100 % FRUIT JUICE	<b>24</b> STRING CHEESE & CRACKERS 100 % FRUIT JUICE	<b>25</b> WG GOLDFISH PRETZELS 100 % FRUIT JUICE
<b>28</b> STRAWBERRY NUTRI-GRAIN BAR 100 % FRUIT JUICE	<b>29</b> WG BAKED FUNYUNS 100 % FRUIT JUICE	<b>30</b> WG CHEEZ IT CRACKERS 100 % FRUIT JUICE	<b>31</b> CINNAMON ELF GRAHAM CRACKERS 100 % FRUIT JUICE	

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