





Liberty Traditional

School MARCH 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
2 Banana Muffin Sweet & Sour Apple Green Eggs & Ham Goldfish Sandwich Potato Baby Cakes	3 Blueberry Vanilla Bites Apple Chips / Fruit Juice BBQ Chicken Sandwich Mini Ravioli Baked Beans	4 Mini Donuts Fresh Pears Cheesy Burger Vegetable Medley Mixed Fruit	5 Cinnamon UBR Craisins / Fruit Juice Porky Mac & Cheese Chicken Quesadilla Carrot Coins	6 Donut Fritters Sliced Apples / Fruit Juice Pozole' Fish Sticks Steamed Broccoli
9 Strawberry Pop tart Craisins / Fruit Juice Crunchy Beef Tacos Crispy Clucker Cheesy Refried Beans	10 Cherry Apple Crunch Apple Sauce / Fruit Juice Sloppy Joe Orange Chicken Bowl Potato Wedges	11 Cinnamon Apple Loaf Fresh Bananas Tony's Pizza Diced Peaches Green Beans	12 Mini Cinni's Rainbow Gala Apple Hot Diggity Dog Celery & Ranch Fruit Cocktail	13 
16	17	18	19	20
				
23 Cinnamon Crunch Bar Apple Chips / Fruit Juice Stuffed Crust Pizza Soft Pretzel & Cheese Roasted Corn	24 Strawberry Cream Bagel Juicy Grapes / Fruit Juice Oven Baked Chicken Meatball Sub Baked Beans	25 Blueberry Muffin Fresh Pears Boneless Wings Green Beans Fruit Cocktail	26 Cherry Frudel Red Delicious Apple Chicken Fajitas Porky Mac & Cheese Carrot Coins	27 Lemon Chip Crunch Mini Oranges / Fruit Juice Crispy Fish Sticks Cheesy Enchiladas Steamed Broccoli
30 Fudge Pop Tart Craisins / Fruit Juice Pizza Pockets Grilled Cheese Sandwich Baked Tater Tots	31 Cherry Muffin Apple Sauce / Fruit Juice Walking Taco Chicken Tenders Baked Beans			

Did you know? In certain regions of the United States, March is the best month for sapping maple trees in order to create syrup. Native Americans used maple syrup both as a food and as a medicine—and taught the age-old process of sugaring to the colonists. Maple syrup contains fewer calories and a higher concentration of minerals than honey. It's an excellent source of manganese and a good source of zinc, which sweetens your antioxidant defenses, your heart, and your immune system.

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



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



MARCH 2020

LIBERTY TRADITIONAL SCHOOL

SNACK MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Strawberry Nurtigrain Bar 2 100 % Fruit Juice	WG Funyuns 3 100 % Fruit Juice	String Cheese & Crackers 4 100 % Fruit Juice	WG Baked Cheetos 5 100 % Fruit Juice	Cinnamon Elf Grahams 6 100 % Fruit Juice
WG Cheddar Goldfish 9 100 % Fruit Juice	Reduce Fat Nacho Nacho Cheese Doritos 10 100 % Fruit Juice	No Aftercare 11	No Aftercare 12	NO SCHOOL 13
NO SCHOOL 16	NO SCHOOL 17	NO SCHOOL 18	NO SCHOOL 19	NO SCHOOL 20
WG Munchies Mix 23 100 % Fruit Juice	WG Baked Cheetos 24 100 % Fruit Juice	Strawberry Nurtigrain Bar 25 100 % Fruit Juice	WG Funyuns 26 100 % Fruit Juice	Strawberry Chex Mix 27 100 % Fruit Juice
WG Cheez -IT Crackers 30 100 % Fruit Juice	WG Pretzel Goldfish 31 100 % Fruit Juice			

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