

Liberty Traditional School



Grab and GO Meals for pick up on site !

Available Monday - Friday

From 8:00 am - 11:00 AM

Meal Delivery Available on Bus Routes - please call for more info at 623-466-3068

SEPTEMBER GRAB AND GO MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
All meals are served with fat free or lowfat milk!	 Blueberry Muffin Fuzzy Fresh Peaches Pepperoni Pizza Bananas Mixed Vegetables	 Mini Donuts Juicy Red Plums Chef's Choice!! Fiesta Bean Medley Sweet Oranges	Cereal Bowl Variety Sweet & Sour Apple Deli Sub Sandwich Celery Sticks w/Ranch Mixed Fruit Cup	 
	7	8	9	10
	Cinnamon Pop tart Apple Chips / Craisins Soft Pretzel w/Cheese BBQ Baked Beans Tangy Nectarines	 Pancake Bowl Fruit Juice Boneless Wings Celery Sticks w/Ranch Red Delicious Apple	Cereal Bowl Variety Rainbow Gala Apple Cheese Taquitos Roasted Corn Strawberries & Kiwi	Coco Dot Muffin Red Grapes /Fruit Juice Grilled Cheese Carrot Sticks w/ Ranch Juicy Red Plums
14	15	16	17	18
Trix Cereal Bar Mixed Fruit Cup / Craisin Beef Sliders  Roasted Corn Tangy Nectarines	 Blueberry Loaf Fresh Bananas Pepperoni Pizza Mixed Vegetables Fuzzy Fresh Peaches	Cereal Bowl Variety Apple Sauce / Fruit Juice Chicken Tenders Carrot Sticks w/ Ranch Juicy Red Plums	Cinnamon Raisin Bagel Sweet & Sour Apple Deli Sub Sandwich Broccoli Bites / Ranch Mandarin Fruit Cup	Lemon Chip Crunch Bar Strawberries & Kiwi Taco & Cheese Stick Fiesta Bean Medley Red Grapes
21	22	23	24	25
Strawberry Pop tart Apple Chips / Fruit Juice Bosco Stick Mixed Vegetables Savory Pears	Cinnamon UBR Rainbow Gala Apple Mini Corn Dogs Baked Beans Tangy Nectarines	 Pancake Bowl Fruit Juice Bean & Cheese Burrito Broccoli Bites / Ranch Strawberries & Kiwi	 Mini Donuts Juicy Red Plums Soft Pretzel w/Cheese Roasted Corn Red Delicious Apple	Cherry Frudel Apple Sauce / Fruit Juice Cheese Taquitos Carrot Sticks w/ Ranch Fuzzy Fresh Peaches
28	29	30		
Cereal Bowl Variety Mixed Fruit / Fruit Juice Pepperoni Pizza Roasted Corn  Juicy Red Plums	CoCo Puffs Cereal Bar Fuzzy Fresh Peaches Grilled Cheese Fiesta Bean Medley Sweet Oranges	 Blueberry Loaf Tangy Nectarines Beef Sliders Mixed Veggies  Red Grapes		
				



This Institution Is An Equal Opportunity Provider

THIS MENU IS SUBJECT TO CHANGE

Meal Applications Available in the Main Office and Cafeteria



SEPTEMBER SNACK MENU 2020

Liberty Traditional School



Monday

Tuesday

Wednesday

Thursday

Friday

Cheddar Chex Mix **1**

100 % Fruit Juice

Apple Slices **2**

Fat Free Milk

Graham Crackers & String Cheese **3**

100 % Fruit Juice

4
No School Today!

7
No School Today!

Happy Labor Day

WG Cheez ITZ **8**

100 % Fruit Juice

Cinnamon Elf Grahams **9**

100 % Fruit Juice

Goldfish Pretzels **10**

100 % Fruit Juice

Strawberry Nutrigrain Bar **11**

100 % Fruit Juice

Graham Crackers String Cheese **14**

100 % Fruit Juice

WG Nacho Cheese Doritos **15**

100 % Fruit Juice

Apple Slices **16**

Fat Free Milk

Cheddar Chex Mix **17**

100 % Fruit Juice

WG Baked Funyuns **18**

100 % Fruit Juice

Chocolate Elf Grahams **21**

100 % Fruit Juice

WG Cheez ITZ **22**

100 % Fruit Juice

Rainbow Goldfish Crackers **23**

100 % Fruit Juice

Apple Nutrigrain Bar **24**

100 % Fruit Juice

WG Cheddar Sun Chips **25**

100 % Fruit Juice

Goldfish Pretzels **28**

100 % Fruit Juice

Strawberry Chex Mix **29**

Fat Free Milk

Graham Crackers String Cheese **30**

100 % Fruit Juice

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