

Liberty Traditional School

October Menu



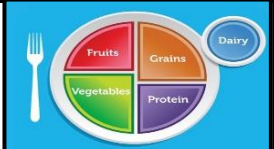
ALL MEALS ARE FREE THROUGH DECEMBER 31st FOR ALL STUDENTS

Grab and GO Meals for pick up on site - EVERYDAY! From 7:30 am - 9:00 AM

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
<p>All meals are served with fat free or low-fat milk!</p> <p>All juice items are 100% Fruit Juice!</p>			Cereal Bowl Variety Sweet & Sour Apple Deli Sub Sandwich Celery Sticks w/Ranch Fruit Cocktail	Trix Cereal Bar Apple Chips / Fruit Juice Chicken Tenders Mixed Vegetables Fresh Fruit Variety
			5	6
Cinnamon Pop Tart Craisins & Fruit Juice Bosco Stick Green Beans Juicy Red Plums	Blueberry Loaf Fuzzy Fresh Peaches Boneless Wings Carrot Sticks & Ranch Delicious Oranges	Cherry Frudel Apple Sauce & Fruit Juice Beef Sliders Roasted Corn Juicy Red Plums	Cinnamon Raisin Bagel Sweet & Sour Apple Bean & Cheese Burrito Broccoli Bites & Ranch Fresh Fruit Variety	Lemon Chip Crunch Bar Craisins & Fruit Juice Soft Pretzel & Cheese Refried Beans Red Grapes
12	13	14	15	16

HAPPY FALL BREAK

19	20	21	22	23
Strawberry Pop Tart Fresh Bananas Pepperoni Pizza Roasted Corn Mixed Fruit	Cinnamon UBR Rainbow Gala Apple Spaghetti & Meat sauce Steamed Broccoli Tangy Nectarines	Pancake Bowl Fruit Juice Hot Ham & Cheese Bun Baked Beans Fruit Cocktail	Mini Donuts Juicy Red Plums Orange Chicken Bowl Sweet Potato Fries Diced Peaches	Banana Muffin Apple Sauce / Fruit Juice Homemade Chili Roasted Corn Sweet Pears
26	27	28	29	30
Coco Puffs Cereal Bar Craisins & Fruit Juice Bosco Stick Green Beans Juicy Red Plums	Blueberry Loaf Fuzzy Fresh Peaches Chicken Fajitas Fiesta Bean Medley Sweet Oranges	Strawberry Bagel Bar Tangy Nectarines Pulled Pork Sandwich Mixed Veggies Fresh Fruit Variety	Apple Frudel Apple chips & Fruit Juice Beefy Goulash Steamed Broccoli Diced Pears	Cinnamon Bun Fresh Bananas Cheesy Burger Carrot Coins Fruit Cocktail



This Institution Is An Equal Opportunity Provider
THIS MENU IS SUBJECT TO CHANGE



OCTOBER SNACK MENU 2020

Liberty Traditional School



Monday

Tuesday

Wednesday

Thursday

Friday

Cinnamon Elf Grahams **5**

100 % Fruit Juice

Apple Slices **6**

Fat Free Milk

WG Cheez ITZ **7**

100 % Fruit Juice

Graham Crackers String Cheese **8**

100 % Fruit Juice

Rainbow Goldfish Crackers **9**

100 % Fruit Juice

12

No School Today!

13

No School Today!

14

No School Today!

15

No School Today!

16

No School Today!

WG Baked Funyuns **19**

100 % Fruit Juice

Strawberry Nutrigrain Bar **20**

100 % Fruit Juice

Chocolate Elf Grahams **21**

100 % Fruit Juice

WG Nacho Cheese Doritos **22**

100 % Fruit Juice

Cheddar Chex Mix **23**

100 % Fruit Juice

Apple Slices **26**

Fat Free Milk

Graham Crackers String Cheese **27**

100 % Fruit Juice

WG Cheez ITZ **28**

100 % Fruit Juice

Goldfish Pretzels **29**

100 % Fruit Juice

Strawberry Chex Mix **30**

100 % Fruit Juice

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