

Liberty Traditional School

September Menu

Free School Meals Rock!



Monday	Tuesday	Wednesday	Thursday	Friday
EAT THE RAINBOW				
				
		1	2	3
		 Breakfast Burrito Mixed Fruit Sausage Links Beefy Sliders Carrots Paradise Punch Plums	 Pancakes Diced Pears Yogurt Chicken Fajitas Fiesta Beans Grapes	Cinnamon UBR Sliced Peaches String Cheese Cheeseburger Broccoli Bites Mixed Berries 
6	7	8	9	10
HAPPY LABOR DAY		 French Toast Sticks Diced Pears Crispy Bacon Deli Sub Celery Sticks Fresh Peaches	 Cherry Frudel Sweet & Sour Apple Cheesy Scrambled Eggs Chicken Taquitos Elote Street Corn Sweet Orange Slices	Pancake Sandwich Mixed Fruit Sausage Patties Spaghetti/Meat Sauce Spring Salad Mix Melon Medley
13	14	15	16	17
Trix Cereal Bar Strawberry Raisins Hash Brown Patty Stuffed Crust Pizza Vegetable Medley Diced Pears	 Cereal Variety Apple Sauce Potato Baby Cakes Corn Dog Sweet Potato Fries Mixed Fruit	 Pancakes Golden Bananas Yogurt Cheesy Bean Burrito Baby Carrots Paradise Punch Plums	 Breakfast Pizza Diced Pears Scrambled Eggs Orange Chicken Bowl Broccoli Bites Grapes	Blueberry Muffin Sweet Orange Slices Sausage Links Chicken Quesadilla Fiesta Beans Fresh Fruit Variety
20	21	22	23	24
Strawberry Pop-Tart Fruit Cocktail Potato Baby Cakes Boneless Wings Roasted Corn Mixed Berries	 Waffles Sweet Orange Slices Sausage Patties Taco Tuesday! Refried Beans Fresh Grapes	 Breakfast Burrito Diced Pears String Cheese Grilled Cheese Celery Sticks Fresh Peaches	Pancake Sandwich Rainbow Gala Apple Crispy Bacon Meatball Sub Steamed Broccoli Melon Medley	 Cinnamon Bagel Diced Peaches Cheesy Scrambled Eggs Pulled Pork Sandwich Sweet Potato Fries Mixed Berries
27	28	29	30	
 Cereal Variety Apple Sauce String Cheese French Bread Pizza Mixed Vegetables Peach Slices	CoCo Dot Muffin Mixed Berries Hash Brown Patty Cheeseburger Baked Potato Wedges Cinnamon Apples	 Mini Donuts Golden Bananas Sausage Links Nacho Pocket Baby Carrots Paradise Punch Plums	 Egg & Cheese Wrap Diced Pears Yogurt Carne Asada Bowl Charro Beans Melon Medley	 Free School Meals 

All breakfasts include low-fat milk and a choice of string cheese, yogurt, sausage patties, bacon slices or scrambled eggs in addition to entrees and fruit selection!

ALL MEALS ARE FREE FOR ALL STUDENTS ALL YEAR !
 All households should still apply for free/reduced meals in order the qualify for P-EBT benefits, and other school funding opportunities!



This Institution Is An Equal Opportunity Provider

THIS MENU IS SUBJECT TO CHANGE



SEPTEMBER 2021 SNACK MENU

Liberty Traditional School



Monday

Tuesday

Wednesday

Thursday

Friday



No School Today!

Cinnamon Elf
Grahams

100% Fruit Juice

WG Nacho Cheese
Doritos

100% Fruit Juice

Chocolate Elf
Grahams

100% Fruit Juice

WG Cheez-Its

100% Fruit Juice

WG Goldfish
Pretzels

100% Fruit Juice

Graham Crackers
String Cheese

100% Fruit Juice

Rainbow
Goldfish Crackers

100% Fruit Juice

Chocolate Elf
Grahams

100% Fruit Juice

Graham Crackers
String Cheese

100% Fruit Juice

Baked BBQ
Crisps

100% Fruit Juice

WG Baked Cheetos

100% Fruit Juice

Baked BBQ
Crisps

100% Fruit Juice

Rainbow
Goldfish Crackers

100% Fruit Juice

Apple Cinnamon
Nutri-Grain Bar

100% Fruit Juice

Harvest Cheddar
Sun Chips

100% Fruit Juice

Blueberry
Nutri-Grain Bar

100% Fruit Juice

Strawberry Cream
Chex Mix

100% Fruit Juice

Harvest Cheddar
Sun Chips

100% Fruit Juice

WG Cheddar
Chex Mix

100% Fruit Juice

Strawberry Cream
Chex Mix

100% Fruit Juice

WG Cheez-Its

100% Fruit Juice

[Enter Additional Info]



PAY FOR MEALS ONLINE

MySchoolBucks.com