

Liberty Traditional School

Phoenix Campus

September Menu



1% milk, fat free flavored & skim milk are available for breakfast and lunch. A variety of fresh fruits and vegetables are available daily on our salad bar at breakfast and lunch!

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Paid Lunch Price - \$2.85 Reduced Lunch Price - \$0.40 Breakfast is FREE for all !</p> 			<p>1</p> <p>Strawberry Bagel Bar Apple Sauce Cup Cheesy Scrambled Eggs Rib-BQ Sandwich Cheesy Enchiladas Steamed Broccoli Melon Medley</p>	<p>2</p> <p>No School!</p> 
<p>5</p> <p>Happy Labor Day To ALL Of You</p> 	<p>6</p> <p>Cinnamon Buns Sweet Orange Slices Potato Baby Cakes Bosco Pizza Stick Chicken Tenders/Roll Mixed Vegetables Fresh Strawberries</p>	<p>7</p> <p>French Toast Sticks Red Grapes Cheesy Scrambled Eggs Grilled Cheese Carrot Coins Melon Medley</p> 	<p>8</p> <p>Mini Donuts Dice Peaches Hash Brown Patties Porky Nachos Baked Chicken/Roll Refried Beans Mixed Berries</p> 	<p>9</p> <p>Breakfast Pizza Apple Slices Yogurt variety Cheesy Burger Hot Diggity Dog French Fries Sweet Orange Slices</p> 
<p>12</p> <p>Lemon Chip Crunch Fruit Cocktail Sausage Links Cheese Or Pepperoni Pizza Carrot Sticks / Ranch Peach Slices</p>  	<p>13</p> <p>Breakfast Burrito Mixed Berries String Cheese Sloppy Joes Beefy Mac/Cheese BBQ Baked Beans Cinnamon Apples</p>	<p>14</p> <p>Glazed Breakfast Bites Red Grapes Crispy Bacon Taco Stick Elote Corn Mixed Berries</p>  	<p>15</p> <p>Breakfast Sandwich Apple Slices Yogurt Variety Spaghetti & Meatballs Bean/Cheese Chalupa Zesty Green Beans Sweet Orange Slices</p>	<p>16</p> <p>Egg & Cheese Wrap Diced Pears Potato Baby Cakes Fish Tacos Hot Ham/Cheese Bun Steamed Broccoli Fuzzy Peaches</p>
<p>19</p> <p>Strawberry Pop -Tart Sliced Peaches Yogurt Variety Breakfast 4 Lunch Chicken Nuggets/Roll Curly Q Potatoes Sliced Pears</p> 	<p>20</p> <p>Mini Belgium Waffles Red Grapes Sausage Links Mandarin Chicken Bowl Baked Mozzarella Vegetable Medley Fresh Strawberries</p> 	<p>21</p> <p>French Toast Sticks Mixed Berries Scrambled Eggs Regular or Spicy Chicken Sandwich Broccoli Bites Mixed Fruit Cup</p>	<p>22</p> <p>Pancake Sandwich Apple Slices String Cheese Mesquite Chicken/Roll Italian Meatball Sub BBQ Baked Beans Mixed Berries</p> 	<p>23</p> <p>Breakfast Pizza Melon Medley Yogurt Variety Filet O' Fish Sandwich Deli Sub Sandwich Carrot Coins Sweet Orange Slices</p> 
<p>26</p> <p>Trix Cereal Bar Diced Pears Potato Baby Cakes Cheese Or Pepperoni Pizza Mixed Vegetables Fruit Cocktail</p> 	<p>27</p> <p>Pancake on a Stick Sweet Orange Slices Cheesy Scrambled Eggs Bacon Turkey Burger Chicken Quesadilla Refried Beans Apple Slices</p> 	<p>28</p> <p>Breakfast Burrito Golden Apple Grins Yogurt Variety Mini Corn Dogs Carrot Sticks / Ranch Mixed Berries</p> 	<p>29</p> <p>Cherry Muffin Fresh Strawberries Sausage Links Big Cheese Ravioli Chicken Fajitas Steamed Broccoli Melon Medley</p>	<p>30</p> <p>Egg & Cheese Wrap Red Grapes Crispy Bacon Crispy Fish Sticks Meatloaf Sandwich Mashed Taters Fuzzy Peaches</p> 

September Food Trivia: 4 Fun Food Facts !

* Raspberry juice was used as red stain for art in the Middle Ages
* One cup of raspberries contains 60.28 calories

***** Featuring: Raspberries *****

* An average raspberry has 100-120 seeds
* The raspberry is a member of the rose family

This Institution Is An Equal Opportunity Provider

WE ARE EXPERIENCING SUPPLY CHAIN ISSUES - THIS MENU IS SUBJECT TO CHANGE



September Snack Menu 2022

Liberty Traditional School



Monday

Tuesday

Wednesday

Thursday

Friday



5
No School Today

6
Rainbow Goldfish Crackers
100 % Fruit Juice

7
Strawberry Nutri-Grain Bar
100 % Fruit Juice

1
Graham Crackers
String Cheese
100 % Fruit Juice

2
No School

12
WG Strawberry Chex Mix
100 % Fruit Juice

13
Blueberry Nutri-Grain Bar
100 % Fruit Juice

14
Graham Crackers
String Cheese
100 % Fruit Juice

8
Cinnamon Elf Grahams
100 % Fruit Juice

9
WG Hartzel Pretzels
100 % Fruit Juice

19
WG Cheez-Its
100 % Fruit Juice

20
Strawberry Nutri-Grain Bar
100 % Fruit Juice

21
WG Nacho Cheese Doritos
100 % Fruit Juice

15
WG Baked Funyuns
100 % Fruit Juice

16
Cheddar Goldfish Crackers
100 % Fruit Juice

26
Blueberry Nutri-Grain Bar
100 % Fruit Juice

27
WG Baked Funyuns
100 % Fruit Juice

28
Graham Crackers
String Cheese
100 % Fruit Juice

22
Rainbow Goldfish Crackers
100 % Fruit Juice

23
WG Cheddar Chex Mix
100 % Fruit Juice

29
WG Strawberry Chex Mix
100 % Fruit Juice

30
WG Goldfish Pretzels
100 % Fruit Juice

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****This Menu Is Subject to Change****

