

# Liberty Traditional School Phoenix JANUARY MENU



1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Craisins, raisins, and dried apple chips are also available in addition to breakfast menu items.

Monday	Tuesday	Wednesday	Thursday	Friday
<b>HAPPY NEW YEAR</b>				
8	9	10	11	12
Fudge Pop-Tart 100% Fruit Juice Cheese Cubes Stuffed Crust Cheese Or Pepperoni Pizza Baby Baker Taters Sliced Peaches	Breakfast Burrito Fresh Grapes Potato Baby Cakes BBQ Pulled Pork Soft Taco Tuesday! Steamed Broccoli Golden Bananas	Pancake Sandwich Apple Sauce Scrambled Eggs Bosco Pepperoni Stick Garlic Green Beans Sweet Orange Slices	Breakfast Pizza Fuzzy Kiwi Peach Yogurt Spaghetti & Meat Sauce BBQ Chicken /Roll Sweet Potato Fries Gala Apple Slices	Mini Donuts Sweet & Sour Apples Sausage Links Chicken Posole Hot Ham & Cheese Bun Refried Beans Mango Chunks
15	16	17	18	19
	Strawberry Bagel Bar Fresh Grapes String Cheese Chicken Nuggets / Roll Breakfast 4 Lunch! Crispy Tater Tots Sweet Orange Slices	Biscuits & Gravy Fresh Fruit Variety Crispy Bacon Regular or Spicy Beef Taco Stick Broccoli Bites Sliced Peaches	Mini Pancakes Melon Medley Scrambled Eggs Sloppy Joes Chicken Noodle Soup Carrot Sticks & Ranch Golden Bananas	Breakfast Bites Rainbow Gala Apple Hash Brown Patty Pulled Pork Tostadas Filet O Fish Sandwich Fiesta Bean Medley Sweet Strawberries
22	23	24	25	26
Strawberry Pop-Tart 100% Fruit Juice Cheese Cubes Stuffed Crust Cheese Or Pepperoni Pizza Baked Potato Mixed Fruit	Breakfast Pizza Fresh Grapes Vanilla Yogurt Mandarin Chicken Hot Diggity Dog Steamed Broccoli Golden Bananas	Chicken & Waffles Apple Sauce Potato Baby Cakes Soft Pretzel & Cheese Zesty Green Beans Sweet Orange Slices	Apple Frudel Fuzzy Kiwi Sausage Links Baked Chicken / Roll Meatball Sub BBQ Baked Beans Cinnamon Apple	French Toast Sticks Red Delicious Apple Crispy Bacon Chicken Quesadilla Chili Bowl & Cornbread Sweet Potato Fries Fresh Grapes
29	30	31	<div> <p><b>Paid Lunch Price - \$2.85</b>  <b>Reduced Price Lunch - NO CHARGE!</b>  <b>Breakfast is FREE for all!</b></p> </div>	
Golden Grahams Bar 100% Fruit Juice String Cheese Mini Corn Dog Baked Mozzarella Curly Q Potatoes Diced Pears	Breakfast Burrito Fresh Grapes Hash Brown Patty Beefy Nacho Supreme Cheesy Beef Burger Garlic Green Beans Gala Apple Slices	Egg & Bacon Flatbread Fresh Fruit Variety Peach Yoqurt Regular or Spicy Boneless Wings / Roll Broccoli Bites Sliced Peaches		



## January Food Traditions Celebrated Around The World

**German** - Pork and Sauerkraut are eaten on New Years Day to bring good luck in the New Year.

**Japanese**- Soba Noodles, or Toshiko Shi soba are eaten New Year's eve to welcome the New Year.

**Southern American** - Hoppin' John is a dish comprised of black eyed peas, pork, rice and greens.

**Spanish** - 12 grapes are eaten at the stroke of midnight on New Year's Eve, one for each month of the year.

**Mexican** - Tamales are stuffed with meat, cheese, and masa, wrapped in a banana leaf or corn husk.



Apply For FREE or REDUCED Lunches - Applications Available in the Front Office  
This Institution Is An Equal Opportunity Provider - This Menu Is Subject To Change



# Liberty Traditional SCHOOL

## JANUARY SNACK MENU

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

1

No School Today

2

No School Today

3

No School Today

4

No School Today

5

No School Today

8

Pretzel  
Goldfish  
Crackers

100 % Fruit Juice

9

WG Graham  
Crackers &  
String Cheese

100 % Fruit Juice

10

Cheex Mix  
  
Apple Slices  
&  
Cherry Craisins

11

WG Baked  
Hot Cheetos

100 % Fruit Juice

12

WG Cherry  
Apple Crunch

100 % Fruit Juice

15

No School Today

16

WG White  
Cheddar  
Popcorn

100 % Fruit Juice

17

Cheez-Its  
  
Apple Slices  
&  
Cherry Craisins

18

Rainbow  
Goldfish  
Crackers

100 % Fruit Juice

19

WG Rice  
Krispie  
Treat

100 % Fruit Juice

22

WG Nacho  
Cheese  
Doritos

100 % Fruit Juice

23

Baked  
BBQ Crisps

100 % Fruit Juice

24

Cheex Mix  
  
Apple Slices  
&  
Cherry Craisins

25

Pretzel  
Goldfish  
Crackers

100 % Fruit Juice

26

WG Cherry  
Apple Crunch

100 % Fruit Juice

29

WG Honey  
Bun Crackers

100 % Fruit Juice

30

WG Baked  
Hot Cheetos

100 % Fruit Juice

31

Cheez-Its  
  
Apple Slices  
&  
Cherry Craisins

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SCHOOL  
BUCKS

PAY FOR MEALS ONLINE  
MySchoolBucks.com