

Liberty Traditional School Phoenix

OCTOBER



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.

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
	<i>Blueberry Waffles</i> <i>Sliced Pears</i> <i>Sausage Links</i> Creamy Chicken Alfredo BBQ Chicken Sandwich Steamed Broccoli Sliced Pears	<i>Chorizo Burrito</i> <i>Fresh Fruit Mix</i> <i>Hash Brown Patties</i> Cheeseburger Baby Carrots / Ranch Sliced Strawberries	<i>Breakfast Pizza</i> <i>Sweet Orange Slices</i> <i>Peach Yogurt</i> Chicken Posole / Chips Cheese Quesadilla Fiesta Beans Cinnamon Apple Slices	<i>Double Chocolate Muffin</i> <i>Sliced Strawberries</i> <i>Cheesy Scrambled Eggs</i> Stuffed Crust Cheese Or Pepperoni Pizza Mixed Vegetables Melon Medley
7	8	9	10	11
<i>Confetti Pancakes</i> <i>Applesauce</i> <i>String Cheese</i> Baked Mozzarella Chicken Waffle Sandwich Roasted Corn Cinnamon Applesauce	<i>Sausage Bagels</i> <i>Sliced Strawberries</i> <i>Potato Baby Cakes</i> Mandarin Chicken Bowl Bone-in Chicken Wings Steamed Broccoli Sweet Orange Slices	<i>Cinnamon Oatmeal</i> <i>Apple Slices</i> <i>Sausage Links</i> Buffalo or Regular Grilled Chicken Sandwich Garlic Green Beans Sliced Pears	<i>Breakfast Sandwich</i> <i>Fuzzy Kiwi</i> <i>Strawberry Yogurt</i> Chicken Nuggets / Roll Baby Carrots / Ranch Fresh Grapes	
14	15	16	17	18
<h1>Have A Great Fall Break!</h1>				
21	22	23	24	25
<i>Breakfast Burrito</i> <i>Fresh Fruit Mix</i> <i>String Cheese</i> Chili Bowl / Cornbread Beef Quesadilla Sweet Corn Nibletts Sliced Peaches	<i>French Toast Sticks</i> <i>Sliced Strawberries</i> <i>Scrambled Eggs</i> Chicken Chow Mein Hot Diggity Dog Broccoli Bites Sweet Orange Slices	<i>Breakfast Pizza</i> <i>Gala Apple Slices</i> <i>Vanilla Yogurt</i> Regular or Spicy Boneless Wings BBQ Baked Beans Cinnamon Applesauce	<i>Pancake Sandwich</i> <i>Sliced Pears</i> <i>Hash Brown Patties</i> BBQ Chicken Drum Chicken Tater Bowl Baby Carrots / Ranch Fresh Grapes	<i>Baked Cinnamon Rolls</i> <i>Sweet Orange Slices</i> <i>Crispy Bacon</i> Stuffed Crust Cheese Or Pepperoni Pizza Mixed Salad Greens Melon Medley
28	29	30	31	
<i>Cinnamon UBR</i> <i>Sliced Pears</i> <i>Cheesy Scrambled Eggs</i> Beef Nacho Supreme Mini Corn Dogs Baby Bakers Fruit Cocktail	<i>Homestyle Pancakes</i> <i>Fresh Fruit Mix</i> <i>Sausage Links</i> Taco Tuesday! Chicken Parm Sandwich Steamed Broccoli Golden Bananas	<i>Egg & Cheese Flatbread</i> <i>Sweet Orange Slices</i> <i>Strawberry Yogurt</i> Bosco Pizza Stick Baby Carrots / Ranch Fresh Grapes	<i>Pancake on a Stick</i> <i>Melon Medley</i> <i>Potato Baby Cakes</i> Beefy GHOULASH! Grilled Cheese Mixed Vegetables Sweet Orange Slices	

Free Breakfast and Lunch for all students!

Beginning October 21st - Heritage Elementary will begin providing HOT Breakfast with many additional offerings on the fruit bar in the cafeteria daily!

Meals are FREE for all students - no need to complete a meal application!
 This institution is an Equal Opportunity Provider

Liberty Traditional School Phoenix

October Snack Menu

Monday



Tuesday

Wednesday

Thursday

Friday

WG Graham Crackers & String Cheese

1

100 % Fruit Juice

Chex Mix

2

Apple Slices & Cherry Craisins

WG Nacho Cheese Doritos

3

100 % Fruit Juice

Rainbow Goldfish Crackers

4

100 % Fruit Juice

WG Baked Cheetos

7

100 % Fruit Juice

WG White Cheddar Popcorn

8

100 % Fruit Juice

Cheez-Its

9

Fresh Fruit Variety & Strawberry Raisins

No Aftercare Today

10

No Aftercare Today

11

14

No School Today

15

No School Today

16

No School Today

17

No School Today

18

No School Today

WG Cheddar Sun Chips

21

100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar

22

100 % Fruit Juice

Chex Mix

23

Apple Slices & Orange Craisins

Strawberry Nutri-Grain Bar

24

100 % Fruit Juice

WG Cinnamon Pop-Tart

25

WG Graham Crackers & String Cheese

28

100 % Fruit Juice

WG Nacho Cheese Doritos

29

100 % Fruit Juice

Cheez-Its

30

Fresh Fruit Variety & Raspberry Raisins

WG Rice Krispie Treat

31

100 % Fruit Juice



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MY SCHOOL BUCKS PAY FOR MEALS ONLINE MySchoolBucks.com