


Liberty Traditional School Phoenix



1% milk, fat-free flavored & skim milk are available for breakfast and lunch. Fruit and Veggie Bar available daily for breakfast and lunch!

NOVEMBER MENU

Monday	Tuesday	Wednesday	Thursday	Friday
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				 <i>Breakfast Sandwich</i> <i>Apple Grins</i> <i>Strawberry Go-Gurt</i> Chicken Tortilla Soup Cheese Quesadilla Refried Beans Fresh Fruit Mix
4	5	6	7	8
<i>Confetti Pancakes</i> <i>Fruit Cocktail</i> <i>Scrambled Eggs</i> Chili Pie Walking Taco Breakfast 4 Lunch! Baked Potato Wedges Cinnamon Applesauce	<i>Sausage Bagels</i> <i>Sliced Strawberries</i> <i>Peach Yogurt</i> Baked Chicken / Roll Mac & Cheese w/Roll BBQ Baked Beans Sweet Orange Slices	 <i>Cinnamon Oatmeal</i> <i>Apple Slices</i> <i>Sausage Links</i> Cheesy Beef Burger Baby Carrots/ Ranch Pears	<i>Blueberry Waffles</i> <i>Golden Bananas</i> <i>Crispy Bacon</i> Chicken Fajita Stir Fry Sloppy Joes Mixed Vegetables Melon Medley	 <i>Chorizo Burrito</i> <i>Fresh Fruit Mix</i> <i>Hash Brown Patties</i> Stuffed Crust Cheese Or Pepperoni Pizza Mixed Salad Greens Fresh Grapes
11	12	13	14	15
	<i>French Toast Sticks</i> <i>Fresh Fruit Mix</i> <i>Sausage Links</i> Meatballs w/Cheese Bread Soft Pretzel / Cheese Mixed Vegetables Sweet Orange Slices	<i>Breakfast Pizza</i> <i>Sliced Strawberries</i> <i>Vanilla Yogurt</i> Mini Corn Dogs Celery Sticks / Ranch Gala Apples	<i>Baked Cinnamon Rolls</i> <i>Sliced Pears</i> <i>Scrambled Eggs</i> Beef Stroganoff / Roll Hot Ham/Cheese Bun Roasted Corn Fresh Grapes	<i>Breakfast Sandwich</i> <i>Cinnamon Apples</i> <i>Potato Baby Cakes</i> Chili Bowl / Cornbread Diced BBQ Chicken/Roll Steamed Carrots Melon Medley
18	19	20	21	22
<i>Breakfast Burrito</i> <i>Fresh Fruit Mix</i> <i>Strawberry Yogurt</i> Chicken Nuggets /Roll Chili Cheese Dog Roasted Corn Sliced Peaches	<i>Fruit Loop Waffles</i> <i>Melon Medley</i> <i>Crispy Bacon</i> Teriyaki Dippers / Rice Homemade Grilled Cheese Broccoli Bites Sweet Orange Slices	<i>Blueberry Oatmeal</i> <i>Golden Bananas</i> <i>Sausage Links</i> Regular or Spicy Beef Taco Stick Baby Carrots/ Ranch Cinnamon Applesauce	<i>Pancake Sandwich</i> <i>Sliced Pears</i> <i>Hash Brown Patties</i> Stuffed Crust Cheese Or Pepperoni Pizza Mixed Vegetables Strawberry Fruit Cup	<i>Mini Donuts</i> <i>Sweet Orange Slices</i> <i>String Cheese</i> Thanksgiving Feast!  
25	26	27	28	29



Free Breakfast and Lunch for all students!

Friendly Reminder- Liberty Traditional will be providing FREE 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

November Snack Menu

Monday

Tuesday

Wednesday

Thursday

Friday

WG Cheddar Sun Chips 4

100 % Fruit Juice

WG Chocolate Chip Oatmeal Bar 5

100 % Fruit Juice

Chex Mix 6
Apple Slices & Cherry Craisins

WG Heartzel Pretzels 7

100 % Fruit Juice

Rainbow Goldfish Crackers 1

100 % Fruit Juice

WG Rice Krispie Treat 8

100 % Fruit Juice

No School Today 11

WG Graham Crackers & String Cheese 12

100 % Fruit Juice

Cheez-Its 13
Fresh Fruit Variety & Strawberry Raisins

WG Baked Cheetos 14

100 % Fruit Juice

WG Nacho Cheese Doritos 15

100 % Fruit Juice

Cheddar Goldfish Crackers 18

100 % Fruit Juice

WG Chocolate Oatmeal Bar 19

100 % Fruit Juice

Chex Mix 20
Apple Slices & Cherry Craisins

WG Heartzel Pretzels 21

100 % Fruit Juice

WG Rice Krispie Treat 22

100 % Fruit Juice

No School Today 25

No School Today 26

No School Today 27

No School Today 28

No School Today 29

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