

# LIBERTY MIDDLE SCHOOL

## September 2017

### Breakfast Prices

Breakfast: \$1.85

Reduced: Free

### Lunch Prices

Lunch: \$2.95

Reduced: \$0.40

### Daily Breakfast

- Choice of daily entree listed below
- Variety of whole grain cereal
  - Whole wheat bagels
    - Oatmeal
  - Fruit Smoothies
- A variety of fruits and milk.

### Second Chance Breakfast

Cereal Bar with Cheese Stick, Bagel & Cream Cheese, Muffins, Fruit and Vegetable of the day

Monday: Pop Tarts & Cheese Stick

Tuesday: Giant Fish Graham with Cheese Stick

Wednesday: WG Pretzel & Strawberry Cream Cheese

Thursday: Strawberry Yogurt Chex Mix with Cheese Stick

Friday: Wheat Crackers with Cheese Sticks

### Weekly Sandwich Choices

9/5 – 9/8: Chicken BLT Wrap  
 9/11 – 9/15: Crispy Chicken Wrap  
 9/18 – 9/22: Waikiki Wrap  
 9/25 – 9/29: Chicken Caesar Wrap

### Build Your Own Sandwich Deli Bar

Featuring weekly sandwich specials

### Weekly Salad Choices

9/5 – 9/8: Greek Salad  
 9/11 – 9/15: Buffalo Chicken Salad  
 9/18 – 9/22: Fiesta Salad  
 9/25 – 9/29: Crispy Chicken Salad

Choice of Chef or Chicken Caesar Salads daily

### EVERYDAY GRILL CHOICES

- Chicken Burger
- Hamburger
- Cheeseburger

### EVERYDAY PIZZA CHOICES

- Cheese Pizza
- Pepperoni Pizza

|   |   |  |  |  |
|---|---|--|--|--|
| <p><b>9/4</b></p> <p>NO SCHOOL</p> <p>All meals include a visit to the salad bar &amp; milk!</p>  | <p><b>9/5</b></p> <p><u>Breakfast Burrito</u></p> <p>Chili Frito Pie<br/>                     Corn Dog<br/>                     Specialty Parfait</p>   | <p><b>9/6</b></p> <p>Ham &amp; Cheese <u>Muffin</u></p> <p>Tater Bake<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p>   | <p><b>9/7</b></p> <p><u>Pancakes</u></p> <p>Chicken Potato Bowl<br/>                     Corn Dog<br/>                     Specialty Parfait<br/> <u>Dessert:</u> Cookie!</p>  | <p><b>9/8</b></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Chicken Parmesan w/<br/>                     Buttered Noodles<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p> |
| <p><b>9/11</b></p> <p><u>Waffles</u></p> <p>Pho<br/>                     Garden Burger<br/>                     Specialty Parfait<br/>                     Fortune Cookie</p>                             | <p><b>9/12</b></p> <p><u>Cherry Fruit Pocket</u></p> <p>Hamburger w/<br/>                     Mashed Potatoes &amp;<br/>                     Gravy<br/>                     Corn Dog<br/>                     Specialty Parfait</p> | <p><b>9/13</b></p> <p>Ham &amp; Cheese <u>Muffin</u></p> <p>Cheesy Breadsticks<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p>                                | <p><b>9/14</b></p> <p><u>French Toast &amp; Sausage</u></p> <p>Fish Po'boy Sandwich<br/>                     Corn Dog<br/>                     Specialty Parfait<br/> <u>Dessert:</u> Cookie!</p>                    | <p><b>9/15</b></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Chicken Alfredo<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p>  |
| <p><b>9/18</b></p> <p><u>French Toast Sticks</u></p> <p>Cheesy Chicken Bowl<br/>                     Garden Burger<br/>                     Specialty Parfait<br/>                     Fortune Cookie</p> | <p><b>9/19</b></p> <p><u>Apple Fruit Pocket</u></p> <p>Pork Street Tacos<br/>                     Corn Dog<br/>                     Specialty Parfait</p>   | <p><b>9/20</b></p> <p><u>Cinnamon Roll</u></p> <p>Cheesy Twisted Dogs<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p>   | <p><b>9/21</b></p> <p><u>Blueberry Bagel</u></p> <p>Grilled Cheese &amp; Soup<br/>                     Corn Dog<br/>                     Specialty Parfait<br/> <u>Dessert:</u> Cookie!</p>                          | <p><b>9/22</b></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Beef Lasagna<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p>   |
| <p><b>9/25</b></p> <p><u>Pancake on a Stick</u></p> <p>Cheese Ravioli &amp;<br/>                     Breadstick<br/>                     Garden Burger<br/>                     Specialty Parfait</p>     | <p><b>9/26</b></p> <p><u>Breakfast Burrito</u></p> <p>Chicken Pot Pie<br/>                     Corn Dog<br/>                     Specialty Parfait</p>  | <p><b>9/27</b></p> <p>Ham &amp; Cheese <u>Muffin</u></p> <p>Handrolled Burrito<br/>                     Verde<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p> | <p><b>9/28</b></p> <p><u>Pancakes</u></p> <p>Baked Chicken w/ Cheesy<br/>                     Potatoes<br/>                     Corn Dog<br/>                     Specialty Parfait<br/> <u>Dessert:</u> Cookie!</p> | <p><b>9/29</b></p> <p>Smoothie w/ Graham <u>Cracker</u></p> <p>Queso Mac &amp; Cheese<br/>                     Spicy Chicken Burger<br/>                     Specialty Parfait</p>                                       |