

# Liberty High School December 2018



## Secondary Lunch Prices:

Full: \$2.85  
Reduced: \$0.40

**V** Indicates Vegetarian Option

### Daily Option



Made to Order  
Sub with a  
variety of fresh  
ingredients **V**

### Monday/Tuesday



Made to Order  
Fruit & Yogurt  
Parfait Bar **V**

### Wednesday / Thursday/ Friday



Made to Order Salad with a  
variety of fresh vegetables  
and topping choices **V**

\*\*All Salads Served w/ Dinner Roll

<p>3 <b>Mozzarella Sticks w/ Marinara</b> <b>V</b> Steamed Broccoli Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>4 <b>Buffalo Chicken Bites w/ Pretzel Bites</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>5 <b>Chicken Tenders</b> Served w/ Mini Maple Waffles Baked Beans Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>6 <b>Beef &amp; Bean Burrito w/ Salsa</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>7 <b>Chicken &amp; Cheese Quesadilla w/ Salsa</b> Steamed Corn Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p>10 <b>Cheesy Stuffed Breadsticks w/ Marinara</b> <b>V</b> Baked Beans Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>11 <b>Corn Dog</b> Celery Sticks Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>12 <b>Popcorn Chicken w/ Dinner Roll</b> Steamed Green Beans Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>13 <b>Hot Ham &amp; Cheese Pretzel Melt Sandwich</b> Celery Sticks Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>14 <b>Chicken &amp; Cheese Taquitos w/ Salsa</b> Steamed Corn Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p>17 <b>French Toast Sticks</b> <b>V</b> With or Without Sausage &amp; Syrup Tater Tots Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>18 <b>Chicken Tenders w/ Dinner Roll</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>19 <b>Bacon Cheeseburger</b> Steamed Carrots Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>20 <b>Meatball Parm Sub</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>21 <b>Twin Beef Hot Dogs</b> Baked Beans Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p>24 <b>NO SCHOOL</b></p>	<p>25 <b>NO SCHOOL</b></p>	<p>26 <b>NO SCHOOL</b></p>	<p>27 <b>NO SCHOOL</b></p>	<p>28 <b>NO SCHOOL</b></p>
<p>31 <b>NO SCHOOL</b></p>				



**OFFERED DAILY:** Fresh Garden Side Salad, Carrot Snack Packs, plus Fresh Fruit and Fruit Cup in an inviting variety; Baked French Fries offered Tuesdays & Thursdays; 100% Juice offered daily. **LIMIT ONE JUICE.** 1% White Milk or Fat Free White, Fat Free Chocolate or Fat Free Strawberry Milk; Menu Subject to Change; *Locally Grown items are offered whenever seasonally available*



12/3 – 12/7:  
Chopsticks

12/10 – 12/14:  
Sunset Strips

12/17 – 12/21:  
Noodle Street Pasta

12/24 – 12/31:  
NO SCHOOL



Offered Wednesdays, Thursdays & Fridays:

- Fruit & Yogurt Parfait **V**

Offered Daily:

- PB & Jelly Sandwich **V**



### EVERYDAY CHOICES

- Chicken Patty Sandwich
- Spicy Chicken Patty Sandwich
- Flame Broiled Beef Patty on Bun (offered with or without cheese)



### Cheese **V** & Pepperoni Pizza offered Daily

**Monday-** Chicken Bacon Ranch Pizza      **Tuesday-** BBQ Chicken Pizza  
**Wednesday-** Meat Lover's Pizza      **Thursday-** Buffalo Chicken Pizza  
**Friday-** French Bread Pizza **V**

*All pizzas feature low fat cheese, low sodium sauce, & whole grain crusts.*