

# Liberty High School FEBRUARY 2019



## 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>1 <b>Twin Beef Hot Dogs</b> Baked Beans Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p>4 <b>Crispy Chicken Bowl served w/ Dinner Roll</b> Steamed Corn Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>5 <b>Grilled Cheese Sandwich Served w/ Tomato Soup</b> Cherry Tomatoes Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>6 <b>Beef &amp; Bean Burrito Served w/ Brown Rice &amp; Salsa</b> Green Beans Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>7 <b>Chicken &amp; Cheese Taquitos Served w/ Brown Rice &amp; Salsa</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>8 <b>Chicken Bacon Ranch Sandwich</b> Baked Beans Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p>11 <b>Quesadilla Bar w/ Salsa <b>V</b></b> (Cheese or Chicken &amp; Cheese) Steamed Carrots Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>12 <b>Chinese New Year Celebration: General Tso Chicken served w/ Brown Rice</b> Steamed Corn Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>13 <b>Chicken Tenders Served w/ Mini Maple Waffles</b> Tater Tots Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>14 <b>Mozzarella Sticks <b>V</b></b> Served w/ Marinara Sauce Green Pepper Strips Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>15 <b>NO SCHOOL</b></p>
<p>18 <b>NO SCHOOL</b></p>	<p>19 <b>Bacon Cheeseburger</b> Red Pepper Strips Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>20 <b>Hot Buffalo Chicken Wrap</b> Baked Beans Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>21 <b>Hot Ham &amp; Cheese Pretzel Melt Sandwich</b> Cucumber Slices Spinach Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>22 <b>Buffalo Chicken Bites Served w/ Pretzel Bites</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>
<p>25 <b>French Toast Sticks <b>V</b></b> Served With or Without Sausage &amp; Syrup Tater Tots Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>26 <b>Corn Dog</b> Celery Sticks Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>27 <b>Chili Cheese Loaded Tots served w/ Corn Muffin</b> Green Beans Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</p>	<p>28 <b>Meatball Parm Sub</b> Red Pepper Strips Romaine Salad Assorted Fresh &amp; Canned Fruit Choice of Milk</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*



**2/1:**  
Chopsticks

**2/4 - 2/8:** **V**  
Spud Street

**2/11 - 2/15:** **V**  
Noodle Street Pasta

**2/18 - 2/22:**  
Main Street Tacos

**2/25 - 2/28:**  
Sunset Strips



**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.*