

Liberty High School JANUARY 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

	1 NO SCHOOL	2 NO SCHOOL	3 Chicken & Cheese Taquitos Served w/ Salsa Celery Sticks Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk	4 Chicken Bacon Ranch Sandwich Baked Beans Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk
7 Quesadilla Bar w/ Salsa V (Cheese or Chicken & Cheese) Steamed Carrots Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk	8 Buffalo Chicken Bites Served w/ Pretzel Bites Celery Sticks Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk	9 Chicken Tenders Served w/ Mini Maple Waffles Tater Tots Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk	10 Mozzarella Sticks V Served w/ Marinara Sauce Green Pepper Strips Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk	11 Cheese Steak Sandwich Baked Beans Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk
14 Cheesy Stuffed Breadsticks Served w/ Marinara Sauce V Celery Sticks Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	15 Bacon Cheeseburger Red Pepper Strips Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	16 Hot Buffalo Chicken Wrap Baked Beans Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	17 Hot Ham & Cheese Pretzel Melt Sandwich Cucumber Slices Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	18 General Tso Chicken served w/ Brown Rice Steamed Corn Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk
21 NO SCHOOL	22 NO LUNCH SERVED	23 NO LUNCH SERVED	24 NO LUNCH SERVED	25 Beef & Cheese Nachos served w/ Brown Rice Southwest Black Beans Romaine Salad Assorted Fresh & Canned Fruit Choice of Milk
28 Mozzarella Sticks V Served w/ Marinara Sauce Glazed Carrots Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	28 Chicken Tenders w/ Dinner Roll Cucumber Slices Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	30 Breaded Chicken Drumstick served w/ a Biscuit & Side of Buffalo Dipping Sauce Steamed Corn Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	31 Meatball Parm Sub Celery Sticks Spinach Salad Assorted Fresh & Canned Fruit Choice of Milk	



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*



1/3 - 1/4:
Spud Street **V**

1/7 - 1/11:
Noodle Street Pasta **V**

1/14 - 1/18:
Main Street Tacos

1/22 - 1/25:
Sunset Strips

1/28 - 1/31:
Chopsticks



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.