

# SEPTEMBER 2022

## LIBERTY ELEMENTARY

This institution is an equal opportunity provider.  
Menus are subject to change.

**HAPPY  
LABOR DAY!**



Try not to be **BLUE**  
about Summer's end -  
enjoy the last sweet  
days of the season  
**BERRY** much!

## MODERATION.

We've often told you all about the many benefits of filling your plate with fruits and veggies, healthy grains, and lean protein. But don't forget - the **SIZE** of the plate and the **AMOUNT** of food you put on it matters, too. Enjoy what you eat, but try not to over-do it!



**EAT BETTER. PLAY HARDER. LIVE HEALTHIER. LEARN EASIER.**  
**WELLNESS IS A WAY OF LIFE!**

**Thursday, September 1**

### Breakfast

Zee Zee  
Bar

### Lunch

Chicken  
Drumstick  
Dinner Roll  
Mashed Potatoes  
Broccoli  
Fruit

**Friday, September 2**

### Breakfast

Chicken  
Biscuit

### Lunch

Pizza  
Garden Salad  
Corn  
Sidekick Fruit Cup

**Tuesday, September 6**

### Breakfast

Maple  
Waffle

### Lunch

Corn Dog  
Baked Beans  
Potato Smile  
Fruit

**Wed., September 7**

### Breakfast

Breakfast  
Strudel

### Lunch

Spaghetti  
w/Meat Sauce  
Garlic Bread  
Glazed Carrots  
Fruit

**Thursday, September 8**

### Breakfast

French Toast  
Stix

### Lunch

Chicken  
Nuggets  
Dinner Roll  
Green Beans  
Potato Wedges  
Fruit

**Friday, September 9**

### Breakfast

Chicken  
Biscuit

### Lunch

Pizza Stix  
w/Marinara  
Garden Salad  
Corn  
Fruit  
Honey Graham

**Monday, September 12**

### Breakfast

Toaster  
Pastry

### Lunch

Hamburger  
Baked Beans  
French Fries  
Fruit

**Tuesday, September 13**

### Breakfast

Sausage  
Biscuit

### Lunch

Mini Quesadillas  
w/Salsa & Cheese  
Refried Beans  
Fruit  
Jello Treat

**Wed., September 14**

### Breakfast

Mini  
Cinnis

### Lunch

Crunchy Fish Sticks  
Hushpuppies  
Veggie Dippers  
Black Eyed Peas  
Fruit

**Thursday, September 15**

### Breakfast

Blueberry  
Bread

### Lunch

Chicken  
w/Rice  
Veggie Blend  
Fruit  
Fortune Cookie

**Friday, September 16**

### Breakfast

Chicken  
Biscuit

### Lunch

Pizza  
Garden Salad  
Corn  
Sidekick Fruit Cup

Students:  
Breakfast-No Charge  
Lunch-No Charge

Daily Options:  
PBJ Sandwich,  
String Cheese & Daily Fruit/Veggie Choices  
or  
Protein Power Pack  
with Yogurt,  
String Cheese,  
Grain, & Daily  
Fruit/Veggie Choices

All meals include milk choice:  
Fat Free Flavored,  
Skim, and 1% milk

Harvest of the Month  
Apples



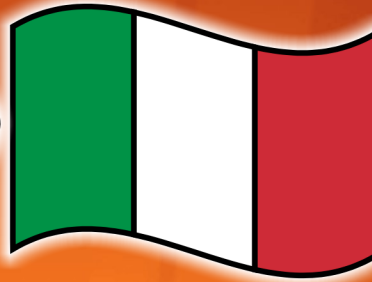


## What's on YOUR plate?



Q:

How is a strawberry like the flag of Italy?



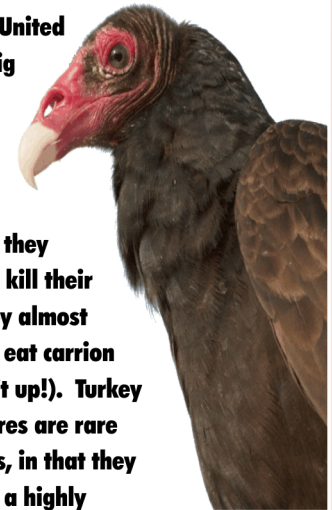
A:

As strawberries grow and ripen, they turn from green to white to red – just like the Italian flag! Strawberries are at their sweetest, juiciest best in spring, and just 8 medium berries provide 140% of the daily vitamin C you need!

## NOSE FOR FOOD

In many parts of the United States, if you see a big bird teetering unsteadily in the sky, it's most likely a Turkey Vulture.

They may be big, but they pretty much never kill their own food – they almost exclusively eat carrion (look it up!). Turkey Vultures are rare birds, in that they use a highly



developed sense of smell to find food – they can even smell carrion from the air under a forest canopy. Other birds (that can't smell anything) will actually follow the Turkey Vultures to a food source!

## ANIMAL APPETITES

Monday, September 19

### Breakfast

Chocolate Chip  
French Toast

### Lunch

Hot Dog  
Baked Beans  
Tator Tots  
Fruit

Tuesday, September 20

### Breakfast

Sausage  
Biscuit

### Lunch

Chicken Fajita  
Wrap  
w/ Salsa & Cheese  
Corn & Black  
Beans  
Fruit

Wed., September 21

### Breakfast

Muffin

### Lunch

Rotini Pasta  
w/ Meat Sauce  
Garlic Bread  
English Peas  
Fruit

Thursday, September 22

### Breakfast

Pancake  
Pup

### Lunch

Popcorn  
Chicken  
Dinner Roll  
Mashed Potatoes  
Broccoli  
Fruit

Friday, September 23

### Breakfast

Chicken  
Biscuit

### Lunch

Pizza Stix  
w/Marinara  
Garden Salad  
Corn  
Fruit  
Honey Graham

Monday, September 26

### Breakfast

Belgian  
Waffle

### Lunch

Ham & Cheese  
Sandwich  
Veggie Dippers  
Baked Chips  
Fruit

Tuesday, September 27

### Breakfast

Sausage  
Biscuit

### Lunch

Walking Taco  
w/ Lettuce, Cheese,  
& Salsa  
Refried Beans  
Fruit

Wed., September 28

### Breakfast

Cinnamon  
Roll

### Lunch

BBQ Sandwich  
Sindwinder  
Potatoes  
Baked Beans  
Baked Apples

Thursday, September 29

### Breakfast

Mini Pancakes

### Lunch

Chicken  
Nuggets  
Dinner Roll  
Green Beans  
Potato Wedges  
Fruit

Friday, September 30

### Breakfast

Chicken  
Biscuit

### Lunch

Brunch for Lunch  
Breakfast Pizza  
Hashbrown  
Veggie Dipper  
Fruit



**UTAH**

"The Beehive State"

Admitted to the Union January 4, 1896 as the 45th State  
State Capital: Salt Lake City