



May 2023

LIBERTY ELEMENTARY



Monday, May 1

Breakfast

Toaster
Pastry

Lunch

Mini Corn Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, May 2

Breakfast

Sausage
Biscuit

Lunch

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

Wednesday, May 3

Breakfast

Muffin

Lunch

Rotini Pasta
w/ Meat Sauce
Garlic Bread
English Peas
Fruit

Thursday, May 4

Breakfast

Mini
Cinnis

Lunch

Popcorn Chicken
w/Rice
Spring Roll
Veggie Blend
Fruit

Friday, May 5

Breakfast

Chicken
Biscuit

Lunch

Pizza Stix
w/Marinara
Broccoli
Corn
Frozen Fruit Cup

Monday, May 8

Breakfast

Breakfast
Strudel

Lunch

Hamburger
Baked Beans
French Fries
Fruit

Tuesday, May 9

Breakfast

Sausage
Biscuit

Lunch

Brunch for Lunch
Chicken n Waffles
Hashbrown
Veggie Dipper
Fruit

Wednesday, May 10

Breakfast

Cinnamon
Roll

Lunch

Crunchy Fish
Sticks
Mac N Cheese
Black Eyed Peas
Fruit

Thursday, May 11

Breakfast

French Toast
Stix

Lunch

Chicken Drumstick
Dinner Roll
Mashed Potatoes
Broccoli
Fruit

Friday, May 12

Breakfast

Chicken
Biscuit

Lunch

Pizza
Garden Salad
Corn
Frozen 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

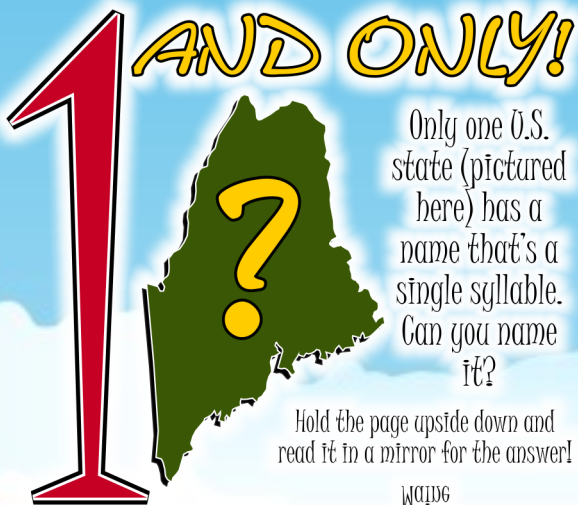
All meals include milk choice:

Fat Free Flavored,
Skim, and 1% milk

Market conditions, delivery, and availability of food
may require changes in menu.

Harvest of the Month
Blueberries

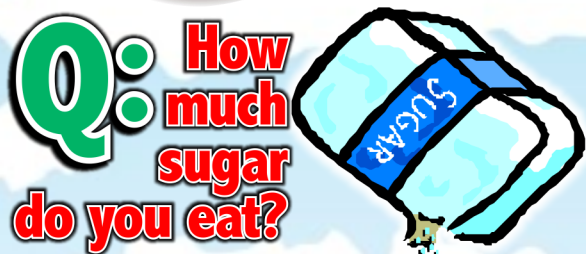
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MAINE



What's on
YOUR
plate?



A: If you eat like most Americans, you consume over 20 teaspoons of added sugar every single day, or 115 pounds a year. That's just what we get from processed food and drinks, without ever actually dipping a spoon in the sugar bowl. Current guidelines recommend no more than 6-9 teaspoons of added sugar a day. Want the same sweetness without the side effects? Get your sugar the natural way – from fresh fruit.

Learn more at www.CHOOSEMYPLATE.gov or http://kidshealth.org/kid/stay_healthy/food/pyramid.html

Monday, May 15

Breakfast

Mini
Donuts

Lunch

BBQ Sandwich
Baked Beans
Tator Tots
Applesauce

Tuesday, May 16

Breakfast

Sausage
Biscuit

Lunch

Chicken Fajita Wrap
Lettuce, Cheese, &
Salsa
Corn & Black Beans
Fruit

Wednesday, May 17

Breakfast

Breakfast
Pizza

Lunch

Spaghetti
w/ Meat Sauce
Garlic Bread
Peas & Carrots
Fruit

Thursday, May 18

Breakfast

Breakfast
Bread

Lunch

Chicken Nuggets
Dinner Roll
Green Beans
Potato Wedges
Fruit

Friday, May 19

Breakfast

Chicken
Biscuit

Lunch

Italian Entrée
w/Marinara
Broccoli
Corn
Fruit

Monday, May 22

Breakfast

Manager Choice

Lunch

Manager Choice
Entrée
Baked Beans
Potato Smiles
Fruit

Tuesday, May 23

Breakfast

Manager Choice

Lunch

Manager Choice
Entrée
Cheese, Salsa
Corn & Black
Beans
Fruit

Wednesday, May 24

Breakfast

Manager Choice

Lunch

Sack Lunch
Sandwich
Veggie Dippers
Baked Chips
Fruit
Honey Graham

Thursday, May 25

Friday, May 26

SCHS Graduation

Monday, May 29



Tuesday, May 30

Wednesday, May 31

Have a
GREAT SUMMER!

Thanks for eating with
us this year. We look
forward to seeing you
when school starts up