

Liberty May 2024



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



Wednesday, May 1

Breakfast

Cinni
Minis

Lunch

Rotini Pasta
w/ Meat sauce
Breadstick
English Peas
Fruit

Thursday, May 2

Breakfast

Mini
Waffle

Lunch

Chicken Nuggets
w/ Rice
Spring Roll
Broccoli w/Cheese
Fruit

Friday, May 3

Breakfast

Egg & Cheese
Biscuit

Lunch

Pizza
Garden Salad
Corn
Fruit

Monday, May 6

Breakfast

Breakfast
Strudel

Lunch

Cheeseburger
Baked Beans
French Fries
Fruit

Tuesday, May 7

Breakfast

Sausage
Biscuit

Lunch

Quesadilla w/
Salsa & Cheese
Refried Beans
Corn
Fruit

Wednesday, May 8

Breakfast

Breakfast
Bun

Lunch

Spaghetti/w Meat
Sauce
Garlic Bread
Mixed Vegetables
Fruit

Thursday, May 9

Breakfast

Pancake
Pup

Lunch

Chicken Sandwich
Potato Wedges
Veggie Dippers
Fruit

Friday, May 10

Breakfast

Chicken
Biscuit

Lunch

Pizza Stix
w/ Marinara
Garden Salad
Corn
Fruit

Have a GREAT SUMMER!

Thanks for allowing us to serve you
this school year.

We look forward to seeing you
in August! Happy Summer!

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
Blueberries



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

Monday, May 13

Breakfast

Breakfast
Pullapart Bun

Lunch

BBQ Sandwich
Baked Beans
Tator Tots
Applesauce

Tuesday, May 14

Breakfast

Sausage
Biscuit

Lunch

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

Wednesday, May 15

Breakfast

Muffin

Lunch

Fish Sticks
Mac N Cheese
Hushpuppies
Black Eyed Peas
Fruit

Thursday, May 16

Breakfast

Fruit Smoothie
w/Cracker

Lunch

Chicken Drumstick
Mashed Potatoes
Dinner Roll
Broccoli
Fruit

Friday, May 17

Breakfast

Steak
Biscuit

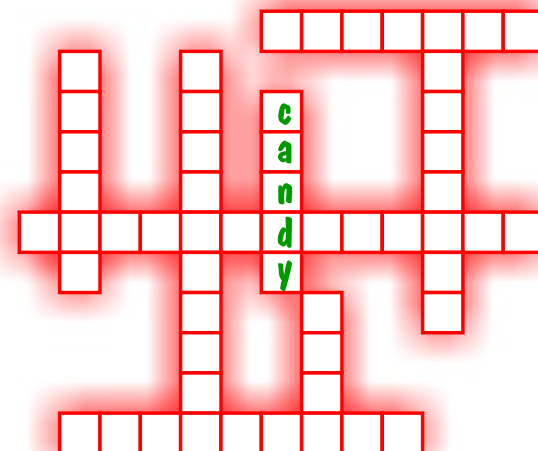
Lunch

Pizza
Garden Salad
Corn
Fruit



Sugar adds up!

On average, we should eat fewer than 12 teaspoons (about 50g) of added sugar a day. Six teaspoons or fewer is even better. The puzzle below can help you see if you're eating too much sugar for your own good -- but remember to check the nutrition labels, because added sugar (in many different disguises!) is contained in a lot of processed foods that we don't even think of as sweet!



Fit the names of the added sugar sources into the crossword puzzle.

Soda 10 teaspoons added sugar
Milk Shake 25 teaspoons
Candy (1 package) 5-10 teaspoons
Fruit Drink 4-8 teaspoons

Ice Cream 10 teaspoons
Cookies 2-8 teaspoons
Frosted Cereal 3 teaspoons
Pastry 3-12 teaspoons

These figures are averages and are for added sugar only -- some sugar occurs naturally in unprocessed foods like whole fruits and vegetables.

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

Monday, May 20

Breakfast

Toaster
Pastry

Lunch

Mini Corn
Dogs
Baked Beans
Potato Smiles
Fruit

Tuesday, May 21

Breakfast

Sausage
Biscuit

Lunch

Country Fried
Steak Fingers
Mashed Potatoes
Pinto Beans
Fruit

Wednesday, May 22

Breakfast

Manager
Choice

Lunch

Manager
Choice

Thursday, May 23

Breakfast

Manager
Choice

Lunch

Manager
Choice

Friday, May 24

Breakfast

Manager
Choice

Lunch

Sack Lunch
Sandwich
Veggie Dippers
Baked Chips
Fruit
Treat

Early Release Day
SCHS Graduation

Monday, May 27



Tuesday, May 28

Wednesday, May 28

Thursday, May 30



Friday, May 31