

Liberty  
Elem

September  
2024



This institution is an equal opportunity provider.

**EAT BETTER.  
PLAY HARDER.  
LIVE HEALTHIER.  
LEARN EASIER.**

**WELLNESS IS A WAY OF LIFE!**

*This year, our menu will feature regular Wellness tips, showing how diet, exercise, and taking care of ourselves can help ensure that we stay healthy and at the top of our games!*

*Remembering our Heroes on  
September 11, and showing our  
support for them*

*all year  
round.*



**Tuesday, September 3**

**Breakfast**

Toaster  
Pastry

**Lunch**

Mini Corn Dogs  
Baked Beans  
Potato Smiles  
Fruit

**Wednesday, September 4**

**Breakfast**

Pancake  
Pup

**Lunch**

Popcorn Chicken  
w/Roll  
Green Beans  
Mashed Potatoes  
Fruit

**Thursday, September 5**

**Breakfast**

Cinni  
Minni

**Lunch**

Fish Sticks  
Hushpuppies  
Black Eyed Peas  
Broccoli  
Fruit

**Friday, September 6**

**Breakfast**

Egg Cheese  
Biscuit

**Lunch**

Pizza  
Garden Salad  
Corn  
Fruit

**Monday, September 9**

**Breakfast**

Muffin

**Lunch**

BBQ Sandwich  
Baked Beans  
French Fries  
Applesauce

**Tuesday, September 10**

**Breakfast**

Sausage  
Biscuit

**Lunch**

Taco Quesadilla  
w/Salsa, Cheese  
Black Beans  
Corn  
Fruit

**Wednesday, September 11**

**Breakfast**

Breakfast  
Strudel

**Lunch**

Popcorn Chicken  
w/ Asian Rice  
Spring Roll  
Veggie Blend  
Fruit  
Fortune Cookie

**Thursday, September 12**

**Breakfast**

Mini  
Pancakes

**Lunch**

Spaghetti/w Meat  
Sauce  
Garlic Knot  
Glazed Carrots  
Garden Salad  
Fruit

**Friday, September 13**

**Breakfast**

Chicken  
Biscuit

**Lunch**

Mozzarella Sticks  
w/ Marinara  
Veggie Dippers  
Broccoli  
Fruit

**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



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

Monday, September 16

**Breakfast**

Cereal  
Bar

**Lunch**

Chicken Sandwich  
Veggie Dippers  
Tator Tots  
Fruit

Tuesday, September 17

**Breakfast**

Sausage  
Biscuit

**Lunch**

Walking Taco  
w/Salsa, Lettuce/  
Cheese  
Corn  
Pinto Beans  
Fruit

Wednesday September 18

**Breakfast**

Breakfast  
Bun

**Lunch**

Cheeseburger  
Baked Beans  
French Fries  
Fruit  
*National Cheeseburger  
Day*

Thursday, September 19

**Breakfast**

Waffles

**Lunch**

Chicken Drumstick  
Mac N Cheese  
Broccoli  
Veggie Dippers  
Fruit

Friday, September 20

**Breakfast**

Egg Cheese  
Biscuit

**Lunch**

Pizza  
Garden Salad  
Corn Cob  
Fruit

Monday, September 23

**Breakfast**

Breakfast  
Bread

**Lunch**

Hot Dog  
Baked Beans  
Potato Wedges  
Fruit

Tuesday, September 24

**Breakfast**

Sausage  
Biscuit

**Lunch**

Ranchero Pizza  
Veggie Dippers  
Corn  
Fruit

Wednesday, September 25

**Breakfast**

French Toast  
Stix

**Lunch**

Chicken Tenders  
w/Roll  
Green Beans  
Mashed Potatoes  
Fruit  
*World School Milk  
Day*

Thursday, September 26

**Breakfast**

Fruit Smoothie  
w/Cracker

**Lunch**

Rotini Pasta  
w/ Meat Sauce  
Garlic Bread  
Peas & Carrots  
Garden Salad  
Fruit

Friday, September 27

**Breakfast**

Chicken  
Biscuit

**Lunch**

Pizza Stix  
w/ Marinara  
Veggie Dippers  
Broccoli  
GA Grown Apples  
*Crunch for Lunch  
Day*

Monday, September 30

**Breakfast**

Breakfast  
Pullapart Bun

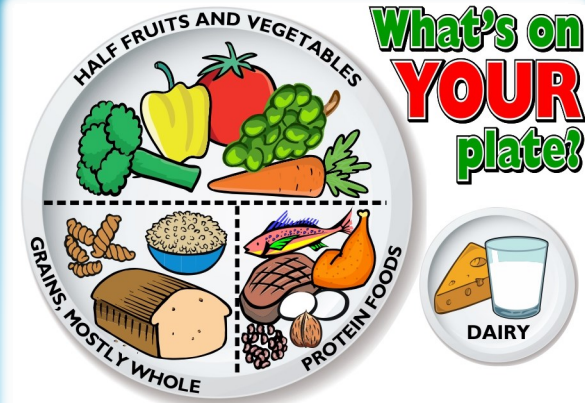
**Lunch**

Brunch  
for  
Lunch



Every complete meal  
we serve comes with  
your choice of milk!

**DON'T 4 GET!**  
Take at least **ONE**  
**FRUIT or VEGGIE**  
and at least **THREE**  
items total so your meal  
counts as a complete lunch!



**Sweet, Cool, AND Clean!**

Watermelons are cool customers! They really know how to chill, and they're naturally sweet and loaded with vitamins and incredible nutrients like lycopene. And the bonus is they're among the "cleanest" fruits: their thick rinds keep contaminants safely away from the sweet, juicy insides we love so much!

Learn more at [www.CHOOSEMYPLATE.gov](http://www.CHOOSEMYPLATE.gov) or [http://kidshealth.org/kid/stay\\_healthy/food/pyramid.html](http://kidshealth.org/kid/stay_healthy/food/pyramid.html)



**FLORIDA**

"The Sunshine State"

Admitted to the Union March 3, 1845 as the 27th State  
State Capital: Tallahassee