



MENUS FOR OCTOBER 2017

Liberty Preschool

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

Monday, October 2

Breakfast

Crumb Cake
Fruit & Juice
Milk

Lunch

Yogurt Lunchie Munchie
Pintos & Cheese
Mixed Fruit
Milk

Tuesday, October 3

Breakfast

Cinnamon Roll
Fruit & Juice
Milk

Lunch

Corn Dog Nuggets
Carrots & Dip
Cinnamon Applesauce
Milk

Wednesday, October 4



**No
School
Today**

Thursday, October 5

Breakfast

Chicken Biscuit
Fruit & Juice
Milk

Lunch

Rotini with Meat Sauce
Caesar Salad
Frozen Juice Cup
Milk

Friday, October 6

Breakfast

Blueberry Muffin
& String Cheese
Fruit & Juice
Milk

Lunch

Cheese Pizza
Buttery Corn
Pears
Carnival Cookie
Milk



**JOIN US FOR
NATIONAL
SCHOOL
LUNCH
WEEK
OCTOBER
9-13,
2017**

FUN, FUN, FUN! (& FOOD)

Ingredients to our School Lunch Recipe

STAFF [Monday] Give your lunch ladies each a high five!
FOOD [Tuesday] Celebrate with crazy nachos!
RECIPES [Wednesday] Taste some Brussels sprouts!
STUDENTS [Thursday] Enjoy a kid favorite, PIZZA!
CREATIVITY [Friday] Delight in a surprise dessert!

**NATIONAL SCHOOL LUNCH WEEK
OCTOBER 9-13, 2017**

Monday, October 9

Breakfast

French Toast
Fruit & Juice
Milk

**HI-FIVE YOUR LUNCH
LADIES TODAY!**

Lunch

Chicken Sandwich
Buttery Corn
Fresh Melon
Milk

Tuesday, October 10

Breakfast

Turkey Sausage Biscuit
Fruit & Juice
Milk

Lunch

CRAZY Nachos Grande
Pintos & Cheese
Apple Slices
Milk

Wednesday, October 11

Breakfast

Cereal & Go Gurt
Fruit & Juice
Milk

Lunch

Pizza Lunchable
Brussels Sprouts
Applesauce
Milk

Thursday, October 12

Breakfast

Egg & Cheese Sandwich
Fruit & Juice
Milk

Lunch

**Pepperoni Pizza
Rippers**
Cheesy Broccoli
Orange Smiles
Milk

Friday, October 13

Breakfast

Banana Chocolate Chip
Muffin & String Cheese
Fruit & Cheese
Milk

Lunch

Mac & Cheese
Green Beans
Mixed Fruit
Surprise Dessert
Milk



Menu does not contain pork.

OCTOBER IS
Breast Cancer
AWARENESS
MONTH

BREAKFAST IS
FREE
FOR ALL STUDENTS
EVERY SCHOOL DAY.
(Just thought we'd remind you.)

BUG LOVER.

Bat species account for more than 20% of all mammals on earth! And guess what they love to eat? BUGS!!
A single little brown bat can eat up to 600 creepy mosquitoes and other flying insects in just an hour!



ANIMAL APPETITES

Monday, October 23

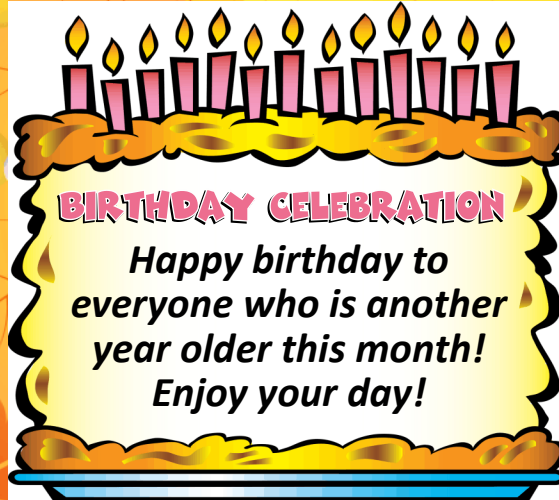
Breakfast
Crumb Cake
Fruit & Juice
Milk

Lunch
Hamburger
Sweet Potato Fries
Mandarin Oranges
Milk

Tuesday, October 24

Breakfast
Cinnamon Roll
Fruit & Juice
Milk

Lunch
PBJ
Pintos & Cheese
Peaches
Milk



Wednesday, October 25

Breakfast
Yogurt Parfait
Fruit & Juice
Milk

Lunch
Mini Turkey Sandwich
With Yogurt Cup
Buttery Corn
Pears
Milk

BIRTHDAY TREAT

Thursday, October 26

Breakfast
Chicken Biscuit
Fruit & Juice
Milk

Lunch
Yogurt Lunchie Munchie
Caesar Salad
Frozen Juice Cup
Milk

Friday, October 27

Breakfast
Blueberry Muffin
& String Cheese
Fruit & Juice
Milk

Lunch
Pepperoni Pizza
Green Beans
Peaches
Pudding
Milk

Monday, October 30

Breakfast
French Toast
Fruit & Juice
Milk

Lunch
Yogurt Lunchie Munchie
Pintos & Cheese
Mixed Fruit
Milk

Tuesday, October 31

It's a Halloween Party!

Please join us for a frightfully fun time!

Tuesday, October 31

Breakfast
Turkey Sausage Biscuit
Fruit & Juice
Milk

HAPPY HALLOWEEN
Lunch
Pumpkin Pretzel with Cheese
Frankenstein Celery Fingers
Bobbing for Apples
Milk

SPOOKY TREAT CONTEST!

YOU NEVER KNOW WHAT YOU MIGHT RUN INTO OUT THERE!



STAY ALERT & BE SAFE!

