

Welcome Back!

Pay for meals on-line at



Breakfast
NO
CHARGE

Lunch
\$2.10

Providing parents
a secure way to
manage school life



Liberty County Schools System
Middle/High Menu

This institution is an equal opportunity provider and employer.



Available
Daily

All meals served
with choice of
milk, fruit, and
side salad

**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!

Wednesday, August 6

Breakfast

French Toast Sticks
Sausage Link
Assorted Cereal

Lunch

Sloppy Joe
BBQ Pork
Italian Sub
Turkey Chef Salad
Pizza

Thursday, August 7

Breakfast

Chicken Biscuit
Assorted Cereal

Lunch

Chicken Parmesan
Cheese Burger
Turkey & Cheese Wrap
Chef Salad
Pizza

Friday, August 8

Breakfast

Blueberry Muffin
Yogurt
Assorted Cereal

Lunch

Teriyaki Meatballs
Chick Fil-A Sandwich
Tuna Salad Sub
Chicken Caesar Salad
Pizza

One item's been
on our menu
since 1946.

Education. That's what we've been serving for nearly 70 years. The National School Lunch Program began after World War II to make sure America's youth would be physically ready to defend our country. And we're still all about helping to get your kids ready -- ready to learn and ready to live healthy lives. That's why our local program has made significant changes over the last several years, like offering more fruits, vegetables, and whole grains. And that's why we'll continue to do whatever it takes to make sure that we serve education every day.

Monday, August 11

Breakfast

Pancake
Sausage Link
Assorted Cereal

Lunch

Sweet & Sour Chicken
Cheeseburger
American Trio Sub
Chicken Salad
Pizza

Tuesday, August 12

Breakfast

Plain Bagel
Assorted Cereal

Lunch

Salisbury Steak
Chick Fil-A Sandwich
Turkey & Cheese Sub
Tuna Salad
Pizza



FLORIDA

"The Sunshine State"

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

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

Wednesday, August 13

Breakfast

Waffle Stick
Chicken Patty
Assorted Cereal

Lunch

Lasagna
BBQ Pork
Ham & Cheese Wrap
Turkey Chef Salad
Pizza

Breakfast **Lunch**
\$ NO CHARGE \$2.10

REDUCED PRICED MEAL:
BREAKFAST: NO CHARGE LUNCH .40

School Meals
We serve education every day™

Thursday, August 14

Breakfast

Egg & Cheese Omelet
Biscuit
Assorted Cereal

Lunch

Chicken & Bean Enchilada
Cheeseburger
Chef Salad
Chicken Salad
Pizza

Friday, August 15

Breakfast

Gravy Biscuit
Sausage Patty
Assorted Cereal

Lunch

BBQ Nachos
Chick Fil-A Sandwich
Tuna Salad
Chicken Caesar
Salad
Pizza

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

LIBERTY COUNTY MIDDLE AND HIGH SCHOOLS

Monday, August 18

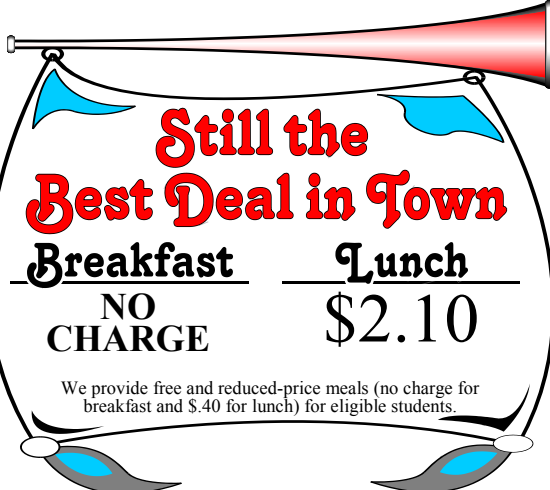
Breakfast
 Breakfast Pizza
 Assorted Cereal

Lunch
 Mexican Beefaroni
 Cheeseburger
 Ham & Cheese Sub
 Chicken Salad
 Pizza

Tuesday, August 19

Breakfast
 Blueberry Muffin
 Yogurt
 Assorted Cereal

Lunch
 BBQ Toastie
 Chick Fil-A Sandwich
 Chicken Salad
 Tuna Salad
 Pizza



Still the Best Deal in Town

Breakfast	Lunch
NO CHARGE	\$2.10

We provide free and reduced-price meals (no charge for breakfast and \$.40 for lunch) for eligible students.

Wednesday, August 20

Breakfast
 Half Bagel
 Egg Patty
 Assorted Cereal

Lunch
 Beefy Taco
 Chick Fil-A Sandwich
 Turkey & Cheese
 Wrap
 Tuna Salad
 Pizza

Thursday, August 21

Breakfast
 Biscuit
 Chicken Patty
 Assorted Cereal

Lunch
 Chicken Tenders
 Cheeseburger
 Ham & Cheese Sub
 Chef Salad
 Pizza

Friday, August 22

Breakfast
 Grits
 Cinnamon Toast
 Assorted Cereal

Lunch
 Fish Sticks
 BBQ Pork
 Italian Sub
 Turkey Chef Salad
 Pizza

Every week is School Lunch Week

By proclamation of the President of the United States, the second full week in October is celebrated as National School Lunch Week.

But, in a larger sense, *every week is school lunch week*. Studies show that when kids eat well, they learn better. They pay more attention in class, participate more, and perform better in the classroom. They even score higher on standardized tests.

So the nutritious meals we prepare and serve to our kids help make good education possible every single day of the school year.

Convenient, economical, healthy School Meals. Results like these are worth celebrating year-round!

School Meals
We serve education every day™

Liberty County School System Food Services

Monday, August 25

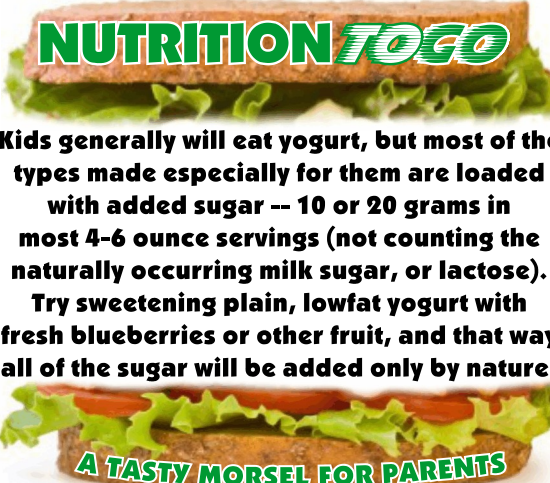
Breakfast
 French Toast Sticks
 Sausage Link
 Assorted Cereal

Lunch
 Mexican Beefaroni
 Cheeseburger
 Ham & Cheese Sub
 Chicken Salad
 Pizza

Tuesday, August 26

Breakfast
 Biscuit
 Ham Patty
 Assorted Cereal

Lunch
 BBQ Toastie
 Chick Fil-A Sandwich
 Chicken Salad
 Tuna Salad
 Pizza



NUTRITION TOGO

Kids generally will eat yogurt, but most of the types made especially for them are loaded with added sugar -- 10 or 20 grams in most 4-6 ounce servings (not counting the naturally occurring milk sugar, or lactose). Try sweetening plain, lowfat yogurt with fresh blueberries or other fruit, and that way all of the sugar will be added only by nature!

A TASTY MORSEL FOR PARENTS

Wednesday, August 27

Breakfast
 Blueberry Muffin
 Yogurt
 Assorted Cereal

Lunch
 Sloppy Joe
 BBQ Pork
 Italian Sub
 Turkey Chef Salad
 Pizza

Thursday, August 28

Breakfast
 Pancakes
 Sausage Link
 Assorted Cereal

Lunch
 Chicken Parmesan
 Cheeseburger
 Turkey & Cheese Wrap
 Chef Salad
 Pizza

Friday, August 29

Breakfast
 Half Bagel
 Assorted Cereal

Lunch
 Teriyaki Meatballs
 Chick Fil-A Sandwich
 Tuna Salad Sub
 Chicken Caesar Salad
 Pizza