



Liberty County School System

Middle School Breakfast Menu

March 2016

National School Breakfast Week
March 7-11, 2016

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|------------------------------------------------------------|
|  | 1 Cereal / Graham Cracker Biscuit Chicken Patty Fruit Juice | 2 Cereal / Graham Cracker Breakfast Pizza Fruit Juice | 3 Cereal / Graham Cracker Yogurt Muffin, Blueberry 1.5 oz Fruit Juice | 4 Cereal / Graham Cracker Pancake on Stick Fruit Juice |
| 7 Cereal / Graham Cracker Pancake Minis Blueberry Fruit Juice | 8 Cereal / Graham Cracker Biscuit Chicken Patty Fruit Juice | 9 Cereal / Graham Cracker Breakfast Pizza Fruit Juice | 10 Cereal / Graham Cracker Yogurt Muffin, Blueberry 1.5 oz Fruit Juice | 11 Cereal / Graham Cracker Pancake on Stick Fruit Juice |
| 14 Cereal / Graham Cracker Pancake Minis Blueberry Fruit Juice | 15 Cereal / Graham Cracker Biscuit Chicken Patty Fruit Juice | 16 Cereal / Graham Cracker Breakfast Pizza Fruit Juice | 17 Cereal / Graham Cracker Yogurt Muffin, Blueberry 1.5 oz Fruit Juice | 18 Cereal / Graham Cracker Pancake on Stick Fruit Juice |
| 21 Cereal / Graham Cracker Pancake Minis Blueberry Fruit Juice | 22 Cereal / Graham Cracker Biscuit Chicken Patty Fruit Juice | 23 Cereal / Graham Cracker Breakfast Pizza Fruit Juice | 24 Cereal / Graham Cracker Yogurt Muffin, Blueberry 1.5 oz Fruit Juice | 25 HOLIDAY |
| 28 HOLIDAY | 29 HOLIDAY | 30 HOLIDAY | 31 HOLIDAY | |
|  NO SCHOOL! |  No School! |  NO SCHOOL! |  No School! | |

Offered Daily:

Assorted Fresh Fruit
 100% Fruit Juice
 No Sugar Added Canned Fruits
 Low Fat White Milk
 Skim White Milk
 Fat Free Chocolate Milk
 Fat Free Strawberry Milk
 Fat Free Vanilla Milk



The quickest, fastest way to apply for Free & Reduced Meal Benefits is Online Any Time!

"USDA is an equal opportunity provider and employer."
 see full USDA Non-Discrimination Statement here

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Middle School Lunch Menu

March 2016



| Monday | Tuesday | Wednesday | Thursday | Friday |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|  | 1 Chicken Wings Roll Rice California Medley Carrots Celery Sticks Pepperoni Pizza Trio Sub Meal Chicken Sandwich Chicken Salad Plate Oven Baked Fries | 2 Chicken Fajita Mexican Rice Corn Blackeye Peas Pepperoni Pizza Ham & Cheese Sub Meal Chicken Sandwich Spicy Ham Chef Salad Oven Baked Fries | 3 Chicken Tenders Roll Mashed Potatoes Chicken Gravy Green Beans Garden Salad Carrot Sticks Pepperoni Pizza Trio Sub Meal Cheeseburger Chicken Strip Salad Oven Baked Fries | 4 Fish Nuggets Hushpuppies Pinto Beans Coleslaw Pepperoni Pizza Turkey & Cheese Sub Meal Chick Fil-A Sandwich Tuna Chef Salad Oven Baked Fries |
| 7 Salisbury Steak Roll Mashed Potatoes California Medley Side Salad Pepperoni Pizza Ham & Cheese Sub Meal Cheeseburger Turkey Chef Salad Plate Oven Baked Fries | 8 Chicken Stir Fry Rice Eggroll Oriental Vegetables Side Salad Carrot Sticks Pepperoni Pizza Trio Sub Meal Chicken Sandwich Chicken Salad Plate Oven Baked Fries | 9 Spaghetti and Meatballs Breadstick Carrots Broccoli Side Salad Pepperoni Pizza Ham & Cheese Sub Meal Chicken Sandwich Spicy Ham Chef Salad Oven Baked Fries | 10 Chicken Tenders Roll Mashed Potatoes Chicken Gravy Green Beans Carrot Sticks Pepperoni Pizza Trio Sub Meal Cheeseburger Chicken Strip Salad Oven Baked Fries | 11 Chili Cheese Dog Baked Beans Corn Blend Coleslaw Pepperoni Pizza Turkey & Cheese Sub Meal Chick Fil-A Sandwich Tuna Chef Salad Oven Baked Fries |
| 14 Chicken Alfredo Breadstick Broccoli Carrots Pepperoni Pizza Ham & Cheese Sub Meal Cheeseburger Turkey Chef Salad Plate Oven Baked Fries | 15 Vegetable Soup & Grilled Cheese Corn Veggie Cup Celery/ Carrots Pepperoni Pizza Trio Sub Meal Chicken Sandwich Chicken Salad Plate Oven Baked Fries | 16 Beefy Nachos Mexican Rice Pinto Beans Cucumbers w/ Italian Dressing Pepperoni Pizza Ham & Cheese Sub Meal Chicken Sandwich Spicy Ham Chef Salad Plate Oven Baked Fries | 17 Chicken Tenders Roll Mashed Potatoes Chicken Gravy Green Beans Carrot Sticks Pepperoni Pizza Trio Sub Meal Cheeseburger Chicken Strip Salad Oven Baked Fries | 18 Sweet & Sour Chicken Roll Rice Oriental Vegetables Garden Salad Pepperoni Pizza Turkey & Cheese Sub Meal Chick Fil-A Sandwich Tuna Chef Salad Oven Baked Fries |
| 21 Meatballs in Teriyaki Breadstick Rice Broccoli Carrot Sticks Pepperoni Pizza Ham & Cheese Sub Meal Cheeseburger Turkey Chef Salad Plate Oven Baked Fries | 22 Chicken Wings Roll Rice California Medley Carrots Celery Sticks Pepperoni Pizza Trio Sub Meal Chicken Sandwich Chicken Salad Plate Oven Baked Fries | 23 Chicken Fajita Mexican Rice Corn Blackeye Peas Pepperoni Pizza Ham & Cheese Sub Meal Chicken Sandwich Spicy Ham Chef Salad Oven Baked Fries | 24 Chicken Tenders Roll Mashed Potatoes Chicken Gravy Green Beans Garden Salad Carrot Sticks Pepperoni Pizza Trio Sub Meal Cheeseburger Chicken Strip Salad Oven Baked Fries | 25  |
| 28  No School! | 29  No School! | 30  No School! | 31  No School! |  |



Offered Daily:

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Lunch Prices

Elementary \$1.85
Middle/High \$2.10
Reduced \$.40
Adult \$3.25



The quickest, fastest
way to apply for Free &
Reduced Meal
Benefits is **Online Any
Time!**