



# Liberty County School System High School Breakfast Menu March 2016

**National School Breakfast Week**  
**March 7-11, 2016**

**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](#)

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  <b>No School!</b>
28 <b>No School!</b> 	29  <b>No School!</b>	30 <b>No School!</b> 	31  <b>No School!</b>	





# Liberty County School System

## High School Lunch Menu

### March 2016



## Lunch Prices

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



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



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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



**No School!**



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