



\*All menu items are subject to change.

# Liberty Classical Lunch Menu

## October 2017

Mark letter for day/lunch of choice  
**H=Hot**  
**C=Cold Sandwich**  
**S=Salad**  
**V=Vegetarian**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

BBQ Chicken on a W.G. Bun Baby Carrots Fresh Pear Sun Chips Milk Veg - bbq beans on a bun	2	Cheese Pizza Mixed Green Salad with Ranch Dressing Salad Topping Banana Milk	3	Chicken Breast in a Garlic Cream Sauce Mashed Potatoes Grape Tomatoes Red Grapes W.G. Dinner Roll Milk Veg - cheese sandwich	4	Chili with Beef and Beans Shredded Cheese Oyster Crackers Fresh Broccoli Red Apple W.G. Bread Stick Milk	5	Beef Hot Dog on a W.G. Coney Bun Hash Brown Potatoes with Cheese Sliced Cucumbers Fresh Orange Milk	6
Baked Chicken Strips Seasoned Brown Rice with Black Beans Carrot and Celery Sticks Red Apple Milk Veg - seasoned brown rice with beans	9	Lasagna Hot Dish with Beef and Cheese Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Chunks Slice of French Bread Milk Veg - pasta marinara	10	Cheese Burger on a W.G. Bun Garlic Mashed Potatoes with Cheese Asian Cole Slaw Banana Milk Veg - bbq beans on a w.g. bun	11	Baked Cheese Omelet French Toast x2 Syrup Hash Browns Red Grapes Milk	12	<b>Pizza Day</b>  Circle Choice  Cheese or Pepperoni	
Sloppy Joe on a W.G. Bun Baby Carrots Golden Apple Sun Chips Milk Veg - cheese sandwich	16	Swedish Meatballs Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	17	Sliced Chicken Alfredo with Penne Pasta Mixed Green Salad with French Dressing Salad Topping Red Grapes W.G. Bread Stick Milk Veg - pasta in marinara	18	<b>No School</b>		19	20
Baked Chicken Strips Seasoned Brown Rice with Black Beans Carrot and Celery Sticks Fresh Orange Milk Veg - seasoned brown rice with beans	23	Cheese Pizza Mixed Green Salad with Creamy Italian Dressing Salad Topping Pineapple Chunks Milk Veg - pasta in marinara	24	Beef Taco x2 Lettuce, Cheese, Salsa Seasoned Corn Banana Tortilla Chips Milk Veg - cheese sandwich	25	Sliced Chicken Teriyaki Brown Rice Fresh Broccoli Red Apple W.G. Dinner Roll Milk Veg - seasoned brown rice with beans	26	<b>Pizza Day</b>  Circle Choice  Cheese or Pepperoni	
BBQ Chicken Breast on a W.G. Bun Slice of Cheese Creamy Cole Slaw Red Apple Sun Chips Milk Veg - cheese sandwich	30	Chicken Fajita x2 Peppers and Onions Seasoned Black Beans Sliced Cucumbers Banana Tortilla Chips with Salsa Milk Veg - seasoned brown rice with beans	31						

### Menu Options

#### Sandwich

**Monday - Turkey and Cheddar on a WG Bun**

**Tuesday - Chicken and Cheddar Wrap with Ranch**

**Wednesday - Turkey Ham, Swiss on a W.G Bun**

**Thursday - Steak and Cheddar Wrap**

**Friday - Tuna Salad on a W.G. Bun**

**\* All sandwiches come with fruit and vegetable of the day.**

### Salad Option

**Monday - Chef Salad**

**Tuesday - Chicken Caesar Salad**

**Wednesday - Beef Taco Salad**

**Thursday - Chef Salad**

**Friday - Chicken Caesar Salad**

**\* All salads served with breadstick and fruit of the day.**