



# Liberty Classical Academy Lunch Menu

## October 2018

\*All menu items are subject to change.

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**Sandwich Option**

**Monday - Turkey and Cheddar on a W.G. Bun**

**Tuesday - Chicken Cheddar Wrap with Ranch**

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

**Thursday - Chicken Caesar Wrap**

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

**Salad Options**

**Monday - Chef Salad**

**Tuesday - Chicken Caesar Salad**

**Wednesday - Beef Taco Salad**

**Thursday - Chef Salad**

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

Shredded BBQ Chicken on a W.G. Bun Baby Carrots Sliced Pears Sun Chips Milk Veg - bbq beans on a w.g. bun	1	Cheese Burger on a W.G. Bun Pickle Spear Fresh Broccoli Red Apple Milk Veg - cheese sandwich	2	Cheese Omelet French Toast x2 Syrup Hash Brown Potatoes Pineapple Tidbits Milk Veg - pasta marinara	3	Swedish Meatballs Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	4	Papa John's Pizza Cheese or Pepperoni	5
Baked Chicken Tenders Baby Carrots Pineapple Tidbits Sun Chips Milk Veg - seasoned brown rice with beans	8	Lasagna Hot Dish with Beef and Cheese Mixed Green Salad with Golden Italian Dressing Salad Topping Banana W.G. Bread Stick Milk Veg - pasta in marinara	9	Baked Chicken Breast on a W.G. Bun Slice of Cheese Seasoned Brown Rice Fresh Broccoli Red Grapes Milk Veg - bbq beans on a w.g. bun	10	W.G. Soft Beef Taco x2 Lettuce and Cheese Seasoned Black Beans Red Apple Tortilla Chips and Salsa Milk Veg - bean taco	11	Papa John's Pizza Cheese or Pepperoni	12
Sloppy Joe on a W.G. Bun Baby Carrots Red Apple Sun Chips Milk Veg - bbq bean on a w.g. bun	15	Sliced Chicken Alfredo with Penne Pasta Mixed Green Salad with French Dressing Salad Topping Sliced Peaches W.G. Bread Stick Milk Veg - pasta in marinara	16	Salisbury Steak in a Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice	17	<b>No School</b>	18	<b>No School</b>	19
Baked Chicken Patty on a W.G. Bun Baby Carrots Sliced Pears Sun Chips Milk Veg - bbq beans on a w.g. bun	22	Baked Meatloaf in a Tomato Beef Gravy Mashed Potatoes Grape Tomatoes Banana Slice of W.G. Bread Milk Veg - seasoned brown rice with beans	23	Chicken Stew with Vegetables Fresh Sliced Cucumbers Fresh Orange W.G. Dinner Roll Milk Veg - vegetable rice soup	24	W.G. Soft Chicken Taco Lettuce and Cheese Seasoned Black Beans Red Apple Tortilla Chips with Salsa Milk Veg - bean taco	25	Papa John's Pizza Cheese or Pepperoni	26
Baked Chicken Nuggets Baby Carrots Red Grapes Sun Chips Milk Veg - cheese sandwich	29	BBQ Beef Riblet on a W.G. Coney Bun Shredded Cheddar Cheese Seasoned Hash Browns Fresh Broccoli Sliced Pears Milk Veg - bbq beans on a coney bun	30	Baked Chicken Breast in a Garlic Cream Sauce Mashed Potatoes Grape Tomatoes Red Apple W.G. Dinner Roll Milk Veg - seasoned rice and beans	31				