



Liberty MS/HS Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
9/1/2025	9/2/2025	9/3/2025	9/4/2025	9/5/2025
		WELCOME BACK !!!!	Breaded Chicken Nuggets	WG Pizza Choice-
			Sweet Potato Fries	Plain, Pepperoni, Vegetable, Buffalo
			Green Peas	Baby Carrots
			BBQ, Honey Mustard, Ketchup	FF Ranch
			Salad Bar	Salad Bar
			Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit
			Milk- FF White/FF Choc	Milk- FF White/FF Choc
9/8/2025	9/9/2025	9/10/2025	9/11/2025	9/12/2025
All Beef Cheese Burger on Whole Grain Bun With or Without Sauteed Onion	Breaded Chicken Parmesan	Soft Beef & Cheese Taco	Cheese Omelet With or Without Sausage Patty	WG Pizza Choice-
Crispy Tater Tots	Seasoned Breadstick	Shaved Romaine Lettuce, Diced Tomato	English Muffin	Plain, Pepperoni, Vegetable, Buffalo
Romaine Lettuce, Sliced Tomato, Dill Pickle	Roasted Fresh Broccoli	Black Beans	Zesty Sweet & White Breakfast Potatoes	Garlic Green Beans
		Fiesta Rice		
Ketchup, Mustard		Salsa, Sour Cream	Ketchup, Margarine, Jelly	
Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet
Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit
Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc



Liberty MS/HS Lunch Menu

9/15/2025	9/16/2025	9/17/2025	9/18/2025	9/19/2025
Philly Beef Cheese Steak Sammich on Whole Grain Roll	Roast Pork Loin	Bone In Baked Chicken Thigh	NY THURSDAY!	WG Pizza Choice-
With or without American Cheese :)	with Apples and Sauerkraut	Kale Salad w. Fresh Apple Vinaigrette	Sabrett 100% Beef NY Hot Dog* and Whole Grain Roll	Plain, Pepperoni, Vegetable, Buffalo
Sauteed Onions and Peppers	Mashed Potatoes & Glazed Carrots	Savory Rice Pilaf	Roasted Red Potatoes & Onions	Seasoned Roasted Chickpeas
Mixed Veggies	Seedless Onion Rye Bread		Tomato, Corn & Cucumber Salad with Balsamic Vinaigrette	Tossed Romaine Salad
Ketchup			Ketchup, Relish, Mustard	
Salad Bar w. Dressing Packet	Margarine		Sauerkraut	
Assorted Fresh/Canned Fruit	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet
Milk- FF White/FF Choc	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit

Monday	Tuesday	Wednesday	Thursday	Friday
9/22/2025	9/23/2025	9/24/2025	9/25/2025	9/26/2025
Mandarin Orange Chicken	Cheese Burger on WG Bun	Lasagna Roll Up with Marinara	Korean Beef	WG Pizza Choice-
Garlic & Ginger Rice	Baked Krinkle Cut Fries	Caesar Salad	Savory Vegetable Rice	Plain, Pepperoni, Vegetable, Buffalo
Steamed Broccoli	Coleslaw	Sauteed Garlic Zucchini	Corn	Cucumber, Feta, Watermelon Salad
Chow Mein Noodles	Lettuce, Tomato, Pickle			
Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet
Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit
Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc



Liberty MS/HS Lunch Menu

9/29/2025	9/30/2025	10/1/2025	10/2/2025	10/3/2025
Breaded Chicken Chunks	Toasted Cheese on WG Pretzel Bun With or Without Ham	Greek Marinated Boneless Chicken Thigh	Chicken Patty pm WG Bun	WG Pizza Choice-
Baked Potato Half	Tomato Soup	Toasted WG Pita Bread	Sweet Tots	Plain, Pepperoni, Vegetable, Buffalo
Maple Carrot Coins	Goldfish or WG Saltine Crackers	Israeli Salad (Diced Veg salad)	Sliced Peppers	Green Beans
	Tossed Romaine Salad	Lemon CousCous		Roasted Chickpeas
Ketchup, Margarine, Sour Cream, BBQ	Ketchup, Dressing			
Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet	Salad Bar w. Dressing Packet
Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit	Assorted Fresh/Canned Fruit
Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc

MENU SUBJECT TO CHANGE WITHOUT NOTICE

** Each morning a variety of cold cereal remains an option for our students to choose.