

Liberty MS/HS Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
9/28/2026	9/29/2026	9/30/2026	10/1/2026	10/2/2026
Baked Fish Nuggets	Chicken Patty on WG Bun	Korean Beef*	Hot Ham & Cheese Pretzel Roll	Assorted WG Pizzas
Lemon Parsley Rice*	Calabacitas con Elote*	Seasoned Brown Rice*	Sliced Cucumbers	Plain or Toppings Variety
Carrot Coins	.	Honey Ginger Green Beans*	Home Made Creamy Garlic Dijon Dressing*	Tossed Romaine Salad
Tartar Sauce/Ketchup	.	Chow Mein Noodles	.	Home Made Balsamic 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
10/5/2026	10/6/2026	10/7/2026	10/8/2026	10/9/2026
Baked Seasoned Chicken Thigh W. Pita	Hawaiian Pork*	General Tso Chicken	Baked Beef & Sausage Penne*	Assorted WG Pizzas
Greek Garbanzo Bean Salad*	Seasoned Tater Tots	Savory Rice	Tomato & Cucumber Salad*	Plain or Toppings Variety
Tzatziki *	Garlic Bread Slice	Broccoli & Fortune Cookie	Parmesan Cheese	Crispy Honey Balsamic Brussel Sprouts*
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
10/12/2026	10/13/2026	10/14/2026	10/15/2026	10/16/2026
All Districts Closed	Garlic Parm Bosco Sticks	Chicken Nuggets w. House BBQ Sauce Dip*	Beef Burrito Bowl*	Assorted WG Pizzas
Columbus Day	Marinara Dip	Herb Roasted Potatoes*	Black Bean & Corn Salad*	Plain or Toppings Variety
.	Fresh Broccoli & Ranch Dip*	Corn Muffin	Savory Seasoned Rice	Baby Carrots
.	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
.	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc	Milk- FF White/FF Choc

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Monday Tuesday Wednesday Thursday Friday				
10/19/2026 10/20/2026 10/21/2026 10/22/2026 10/23/2026				
Beef or Cheese Burger on Bakery Kaiser	Sesame Chicken & Vegetable Bowl*	Macaroni & Cheese & Breadstick	Chili & Baked Potato	Assorted WG Pizzas
Lettuce, Tomato, Pickle	Seasoned Rice	Peas & Carrots	Garlic Toast, Sour Cream	Plain or Toppings Variety
Baked Wedges Potato Fries	Honey Ginger Green Beans*	.	Steamed Broccoli, Cheddar Cheese	Roasted Chick Peas
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
10/26/2026	10/27/2026	10/28/2026	10/29/2026	10/30/2026
Hot Dog on WG Bun	Sesame Chicken & Vegetable Bowl*	Macaroni & Cheese & Breadstick	Chili & Baked Potato	Assorted WG Pizzas
Coleslaw	Hashbrown	Tomato Soup w. Oyster Cracker	Lettuce, Tomato, Salsa	Plain or Toppings Variety
Baked Beans	.	Baby Carrots w. Ranch Dip	Sour Cream, Black Beans	Caesar Salad
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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				

Breakfast Menu

Monday		Tuesday		Wednesday		Thursday		Friday	
Assorted Cereal Choices Or Monticello Bagel Bakery Bagels		Yogurt & Goldfish Crackers or Cereal Choices		WG Monticello Bagel Bakery Bagel or Cereal Choices		Hot Breakfast or Cereal Choices		Assorted Cereal Choices Or Monticello Bagel Bakery Bagels	
Fruit, FF or 1% Milk		Fruit, FF or 1% Milk		Fruit, FF or 1% Milk		Fruit, FF or 1% Milk		Fruit, FF or 1% Milk	
100% Juice		100% Juice		100% Juice		100% Juice		100% Juice	
** Each morning, students may choose from a variety of breakfast options, all of which include 100% juice, fresh fruit, and milk (assorted options available).									

