

**Breakfast Menu**  
**Liberty County Schools**

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	Grits – plain or cheese  Scrambled eggs  Sausage Patty  Choice of Cereal  Fruit	French Toast Sticks w/Syrup  Sausage Links  Choice of Cereal  Fruit	Chicken Biscuit  Hash Browns  Choice of Cereal  Fruit	Pancakes w/Syrup  Sausage Links  Choice of Cereal  Fruit	Doughnut or Cinnamon Roll  Choice of Cereal  Fruit
2	Sausage Biscuit  Choice of Cereal  Fruit	Waffles w/Syrup  Sausage Links  Choice of Cereal  Fruit	Bacon & Egg Biscuit  Hash Browns  Choice of Cereal  Fruit	Wrapped Sausage Link w/Syrup  Choice of Cereal  Fruit	Dutch Waffle  Choice of Cereal  Fruit

\*CHOICE OF LOW FAT OR FAT FREE WHITE, CHOCOLATE & STRAWBERRY MILK AS WELL AS A VARIETY OF 4 OZ JUICES (APPLE 2678787, GRAPE 2678811, ORANGE PINEAPPLE 2678886, BLUE RASPBERRY 2679165, TROPICAL PUNCH 2678829) AVAILABLE AT ALL MEALS.

\*\*A VARIETY OF FRESH AND/OR CUPPED FRUIT AVAILABLE AT ALL MEALS.

\*\*\*CEREAL CHOICES: CINNAMON TOAST CRUNCH (9491895, 5017835), COCOA PUFFS (6960678), FROSTED CORN FLAKES (9051996), CHEERIOS (6960645), GOLDEN GRAHAMS (5017827), HONEY NUT CHEERIOS (4017828), LUCKY CHARMS (6960652), & TRIX (6960611)

\*\*\*\*MENU MAY CHANGE DUE TO AVAILABILITY OF ITEMS.

Lunch Menu - Liberty County Schools

CYCLE	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	<b>ALTERNATE:</b> Beef-a-roni or Spaghetti  Corn  Line Salad  Garlic Bread  Fruit	Chicken Nuggets  French Fries  Broccoli  Roll  Fruit	Nachos with Meat  Cheese Sauce  Black Beans  Lettuce & Tomato  Tortilla Chips  Salsa Cup  Taco Sauce  Fruit	Salisbury Steak or Turkey Pot Roast  Mashed Potatoes w/Gravy  Green Peas  Line Salad  Roll  Fruit	Chicken Sandwich or Hot Turkey, Ham, & Cheese on Bun  Tater Tots  Green Beans  Fruit
2	Corn Dog or Popcorn Chicken  Mac & Cheese  Green Peas  Line Salad  Fruit	Pizza  Corn  Line Salad  Fruit	Hamburger  French Fries  Lettuce & Tomato  Broccoli  Fruit	Drumstick  Mashed Potatoes w/Gravy  Green Beans  Line Salad  Roll  Fruit	Hot Dog & Mozzarella Breadstick  Marinara Cup  Tater Tots  Baked Beans  Fruit

\*CHOICE OF LOW FAT OR FAT FREE WHITE, CHOCOLATE & STRAWBERRY MILK AS WELL AS A VARIETY OF 4 OZ JUICES (APPLE 2678787, GRAPE 2678811, ORANGE PINEAPPLE 2678886, BLUE RASPBERRY 2679165, TROPICAL PUNCH 2678829) AVAILABLE AT ALL MEALS.

\*\*A VARIETY OF FRESH AND/OR CUPPED FRUIT AVAILABLE AT ALL MEALS.

\*\*\*TWO ALTERNATE ENTRÉE OPTIONS AVAILABLE DAILY – CHEF SALAD AND PBJAMWICH.

\*\*\*\*MENU MAY CHANGE DUE TO AVAILABILITY OF ITEMS.