December Weekly Meals

Liberty MS School



MONDAY 12/2

MEATBALL HERO ON WG BREAD

SIDES-SWEET POTATOES

DAILY SPECIALS -

- CHEESEBURGER
- **BLACK BEAN BURGER**
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

TUESDAY 12/3

GLAZED LATIN CHICKEN W. TORTILLA

SIDES BLACK BEANS & RICE SPICED FRUIT RELISH

DAILY SPECIALS-

- **CHEESEBURGER**
- **VEGGIE BURGER**
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT





WEDNESDAY 12/4

CHICKEN CHUNKS W. **DIP SAUCE**

SIDES-OVEN ROASTED **ZUCCHINI & YELLOW SQUASH** PESTO PASTA SALAD

- CHEESEBURGER
- BLACK BEAN BURGER
- **CHICKEN PATTY**
- PI77A
- ASSORTED FRUIT YOGURT **PARFAIT**

THURSDAY 12/5

BEEF BAHN MI W.SLAW

SIDES-SWEET POTATO WEDGES **CUCUMBER SLICES**

DAILY ALTERNATIVES-

- **CHEESEBURGER**
- **BLACK BEAN BURGER**
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT **PARFAIT**

FRIDAY 12/6

PIZZA FRIDAY! **ASSORTED WG PIZZA**

SIDES-ROASTED CHICK PEAS & CORN

DAILY ALTERNATIVES -

- **CHEESEBURGER**
- **VEGGIE BURGER**
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT **PARFAIT**

DAILY OFFERINGS:

ASSORTED MILK VARIETY ASSORTED FRESH AND CANNED FRUIT SALAD BAR ASSORTED WG SANDWICHES ASSORTED WG WRAPSWG PB&J W/ CHEESE STICK SPECIALTY SALADS

IN ACCORDANCE WITH FEDERAL CIVIL RIGHTS LAW AND U.S. DEPARTMENT OF AGRICULTURE (USDA) CIVIL RIGHTS REGULATIONS AND POLICIES, THIS INSTITUTION IS PROHIBITED FROM DISCRIMINATING ON THE BASIS OF RACE, COLOR, NATIONAL ORIGIN, SEX (INCLUDING GENDER IDENTITY AND SEXUAL ORIENTATION), DISABILITY, AGE, OR REPRISAL OR RETALIATION FOR PRIOR CIVIL RIGHTS ACTIVITY. PROGRAM INFORMATION MAY BE MADE AVAILABLE IN LANGUAGES OTHER THAN ENGLISH. PERSONS WITH DISABILITIES WINO REQUIRE ALTERNATIVE MEANS OF COMMUNICATION TO OBTAIN PROGRAM INFORMATION (E.G., BRAILLE, LARGE PRINT, AUDIOTAPE, AMERICAN SIGN LANGUAGE), SHOULD CONTACT THE RESPONSIBLE STATE OR LOCAL AGENCY THAT ADMINISTERS THE PROGRAM OR USDA'S TARGET CENTER AT (202) 720-2600 (VOICE AND TTY) OR CONTACT USDA THROUGH THE FEDERAL RELAY SERVICE AT (800) 877-8339. TO FILE A PROGRAM DISCRIMINATION COMPLAINT, A COMPLAINANT SHOULD COMPLETE A FORM AD-3027, USDA PROGRAM DISCRIMINATION COMPLAINT FORM WHICH CAN BE OBTAINED ONLINE AT: HTTPS://WWW.USDA.GOV/SITES/DEFAULT/FILES/DOCUMENTS/USDA-OASCR P-COMPLAINT-FORM-0508-0002-508-11-28-17FAX2MAIL.PDF(LINK IS EXTERNAL) (LINK IS EXTERNAL). FROM ANY USDA OFFICE, BY CALLING (866) 632-9992, OR BY WRITING A LETTER ADDRESSED TO USDA, THE LETTER MUST CONTAIN THE COMPLAINANT'S NAME, ADDRESS, TELEPHONE NUMBER, AND A WRITTEN DESCRIPTION OF THE ALLEGED DISCRIMINATORY ACTION IN SUFFICIENT DETAIL TO INFORM THE ASSISTANT SECRETARY FOR CIVIL RIGHTS (ASCR) ABOUT THE NATURE AND DATE OF AN ALLEGED CIVIL RIGHTS VIOLATION. THE COMPLETED AD -3027 FORM OR LETTER MUST BE SUBMITTED TO USDA BY: MAIL

U.S. DEPARTMENT OF AGRICULTURE OFFICE OF THE ASSISTANT SECRETARY FOR CIVIL RIGHTS 1400 INDEPENDENCE AVENUE, SW WASHINGTON, D.C. 20250-9410; OR FAX: (833) 256-1665 OR (202) 690-7442; OR EMAIL: PROGRAM.INTAKE@USDA.GOV(LINK IS EXTERNAL) (LINK IS EXTERNAL) THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER.

Liberty MS School

Weekly Meals











MONDAY 12/9

CHICKEN FAJITA WG

WRAP, PEPPERS & ONIONS

SIDES - TOSSED ROMAINE SALAD

3 BEAN SALAD

CARROTS

CHEESEBURGER

BLACK BEAN BURGER

CHICKEN PATTY

PIZZA

ASSORTED FRUIT YOGURT PARFAIT

DAILY SPECIALS-

BREAKFAST FOR LUNCH CHEESE OMELETTE, SAUSAGE & ENGLISH MUFFIN

TUESDAY 12/10

SIDES-HASHBROWN

DAILY SPECIALS -

- CHEESEBURGER
- VEGGIE BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

BBQ BONE IN CHICKEN

WEDNESDAY 12/11

THIGH SIDES-PASTA SALAD

SIDES-PASTA SALAD

CORNBREAD WITH HONEY

COLESLAW

DAILY SPECIALS -

- CHEESEBURGER
- BLACK BEAN BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

THURSDAY 12/12

KORENA BEEF WITH SAVORY RICE

SIDES-ROASTED BROCCOLI

DAILY SPECIALS-

- CHEESEBURGER
- VEGGIE BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

FRIDAY 12/13

HOT ENTREE-ASSORTED WG PIZZA.

STUDENTS HAVE THE OPTION TO CHOOSE FROM PLAIN OR A TOPPING VARIETY SLICE.

SIDES-CAESAR SALAD, GREEN BEANS

DAILY SPECIALS -

- CHEESEBURGER
- BLACK BEAN BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

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DAILY OFFERINGS:

ASSORTED MILK VARIETY
ASSORTED FRESH AND CANNED FRUIT
SALAD BAR



ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS

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DAILY OFFERINGS:

ASSORTED MILK VARIETY
SSORTED FRESH AND CANNED FRUIT
SALAD BAR

ASSORTED WG SANDWICHES
ASSORTED WG WRAPS
WG PB&J W/ CHEESE STICK
SPECIALTY SALADS



MONDAY 12/16

CHICKEN PARM SANDWICH ON A WG BUN

SIDES CUCUMBER, ...
TOMATO SALAD

DAILY SPECIALS -

- CHEESEBURGER
- VEGGIE BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

TUESDAY 12/17

BAKED MACARONI & CHEESE WITH OR WITH OUT HAM

SIDES-PEAS & CARROTS

KALE SALAD WITH APPLE VINAIGRETTE

DAILY SPECIALS -

- CHEESEBURGER
- VEGGIE BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

WEDNESDAY 12/18

CHEESE BURGER ON WG BUN SHREDDED LETTUCE, TOMATO & PICKLE

SIDES-BAKED BEANS & COLESLAW

DAILY SPECIALS-

- CHEESEBURGER
- BLACK BEAN BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT



THURSDAY 12/19

MOJO PORK CHOP

SIDES-BLACK BEANS & SAVORY RICE
CORN TORTILLA & PICO

PUDDING

DAILY SPECIALS-

- CHEESEBURGER
- VEGGIE BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

FRIDAY 12/20

HOT ENTREES-ASSORTED WG PIZZAS.

STUDENT CHOICE OF EITHER PLAIN OR A TOPPING VARIETY SLICE.

SIDES-TOSSED SALAD
ASSORTED VEGGIE STICKS

DAILY SPECIALS-

- CHEESEBURGER
- BLACK BEAN BURGER
- CHICKEN PATTY
- PIZZA
- ASSORTED FRUIT YOGURT PARFAIT

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