



# Liberty Corner Lunch Menu

January 2019

**1**  
**Schools Closed**  
**Winter Recess**  
**Happy New Year**

**2**  
 Mac & Cheese (GD) with WG Dinner Roll (G) OR Kickin' Pinto Beans over WG Rice\*  
 French Fries  
 Fresh Apple

**3**  
 Mini Waffles\* (GED) with Chicken Sausage OR BBQ Black Beans over WG Rice\*  
 Tater Tots  
 Applesauce

**4**  
 Rotini Pasta (G) with Meat Sauce or Marinara\* Sauce with WG Dinner Roll (G) OR Charro Beans over WG Rice\*  
 Steamed Corn  
 Fruit Cup

**7**  
 Mini Pancakes\* (GED) with Scrambled Eggs (E) OR Campfire Beans over WG Rice\*  
 Hash Brown  
 Raisins

**8**  
 Penne Alfredo with Chicken (GD) OR Charro Black Beans over WG Rice\*  
 Roasted Carrots  
 Fresh Grapes

**9**  
 Chicken Nuggets (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice\*  
 Sweet Potato Tots  
 Fresh Banana

**10**  
 Breaded Chicken Drumstick (G) with Whole Grain Dinner Roll (G) OR BBQ Black Beans over WG Rice\*  
 Fresh Tomato Wedges  
 Fresh Orange

**11**  
 Pizza Sticks\* (GD) with Marinara Sauce OR Charro Beans over WG Rice\*  
 Fresh Cucumber Slices  
 Mandarin Oranges

**14**  
 Mini Berry French Toast\* (GED) w/ Egg Patty (E) OR Campfire Beans over WG Rice\*  
 Tater Tots  
 Apple Sauce

**15 Ace Giveaway Day**  
 Sweet and Sour Chicken (G) over Whole Grain Rice OR Charro Black Beans over WG Rice\*  
 Fresh Red Pepper Strips  
 Fresh Pear

**16**  
 Cheese\* or Chicken Nachos (GD) OR Kickin' Pinto Beans over WG Rice\*  
 French Fries  
 Diced Peaches

**17**  
 Cheesy Baked Penne\* (GD) OR BBQ Black Beans over WG Rice\*  
 Fresh Broccoli  
 Pineapple Tidbits

**18**  
 Mozzarella Sticks\* (GD) with Marinara Sauce OR Charro Beans over WG Rice\*  
 Steamed Corn  
 Apricot Halves

**21**  
 ½ Day  
**Snow Make-Up Day**  
**No Lunches Served**

**22**  
 Chicken Parm (GD) over Spaghetti (G) OR Charro Black Beans over WG Rice\*  
 Red Pepper Strips  
 Diced Pears

**23**  
 Chicken Tenders (G) with Garlic Toast (GD) OR Kickin' Pinto Beans over WG Rice\*  
 Fresh Zucchini Slices  
 Fresh Apple

**24**  
 Bacon Egg and Cheese Biscuit (GED) OR BBQ Black Beans over WG Rice\*  
 French Fries  
 Applesauce

**25**  
 Grilled Cheese\* with or without Bacon (GD) OR Charro Beans over WG Rice\*  
 Fresh Cucumber Slices  
 Fruit Cup

**28**  
 French Toast Sticks\* with Scrambled Eggs (GED) OR Campfire Beans over WG Rice\*  
 Hash Brown  
 Fresh Orange

**29** Cheese Ravioli\* (GED) with Marinara Sauce OR Charro Black Beans over WG Rice\*  
 Mixed Roasted Vegetables  
 Fresh Apple

**30**  
 ½ Day  
**Teacher In-Service Day**  
**No Lunches Served**

**31**  
 Meatball Parm Sub (GED) OR BBQ Black Beans over WG Rice\*  
 Roasted Carrots  
 Pineapple Tidbits

**Allergen Key**  
 G – Gluten  
 E – Egg  
 D – Dairy  
 \*Vegetarian Options\*

## More info...Meatless Mondays!

Lunch Price \$2.60  
 Must purchase at least 1 fruit **or** 1 vegetable **and** 2 other food groups, otherwise, a la carte pricing applies. Qualifying lunches include milk, 4oz Juice or 8 oz. water.

## Daily Options... Hummus available Daily

Cheese or Pepperoni Pizza, Spicy or Plain Chicken Patty, Hamburger or Cheeseburger, and Veggie Burgers. Assorted Fresh Fruit and Vegetables.  
 For all lunch related information, please visit:  
<http://bernards schooldish.com>