

# OCTOBER

## LIBERTY TECH CHARTER SCHOOL

Monday	Tuesday	Wednesday	Thursday	Friday
September 30, 2019	October 1, 2019	October 2, 2019	October 3, 2019	October 4, 2019
	RIB-B-QUE Hamburger Bun ^ French Fries Diced Peaches Ketchup	MEATLOAF PANINI ^ Celery Sticks Light Ranch Dressing Corn Diced Pears Ketchup	CHEESY TACO MEAT Tortilla Chips ^ Romaine Lettuce Jalapenos Light Ranch Dressing Sliced Apples Salsa	CHICKEN DRUMSTICK Corn Muffin ^ Maple Baked Beans Fresh Baby Carrots Fresh Ranch Dressing Light Ranch Dressing Fresh Banana BBQ Sauce
October 7, 2019	October 8, 2019	October 9, 2019	October 10, 2019	October 11, 2019
PANCAKES & SAUSAGE ^ Tropical Veggie Juice Applesauce Cup Syrup	HOMESTYLE SALISBURY STEAK W/GRAVY Hamburger Bun ^ French Fries Mixed Fruit Cup Ketchup	PEPPERONI PIZZA ^ Romaine Lettuce Light Ranch Dressing Orange Juice	MINI CORN DOGS ^ Maple Baked Beans Fresh Baby Carrots Light Ranch Dressing Fresh Pear Mustard Ketchup	NO SCHOOL
October 14, 2019	October 15, 2019	October 16, 2019	October 17, 2019	October 18, 2019
NO SCHOOL	NO SCHOOL	NO SCHOOL	*NATIONAL PASTA DAY* PENNE PASTA W/MEAT SAUCE ^ Mixed Vegetables Diced Peaches	TERIYAKI CHICKEN PATTY Hamburger Bun ^ Romaine Lettuce Fresh Baby Carrots Light Ranch Dressing Orange Juice
October 21, 2019	October 22, 2019	October 23, 2019	October 24, 2019	October 25, 2019
CHEESE PIZZA ^ Mixed Vegetables Orange Juice	BBQ CHICKEN Hamburger Bun ^ Maple Baked Beans Diced Pears	HOT DOG W/ POTATO ROUNDS Hot Dog Bun ^ Romaine Lettuce Light Ranch Dressing Fresh Banana Mustard Ketchup	CHICKEN NUGGETS ^ Country Blend Vegetables Sliced Apples Honey Mustard Cup	Diced Peaches Mustard Ketchup CHEESEBURGER Hamburger Bun ^ French Fries
October 28, 2019	October 29, 2019	October 30, 2019	October 31, 2019	November 1, 2019
POPCORN CHICKEN ^ Corn Mixed Fruit Cup BBQ Sauce	RANCH TURKEY BURGER Hamburger Bun ^ Golden Potato Rounds Orange Juice Ketchup Chipotle Ranch	Fresh Broccoli Fresh Baby Carrots Light Ranch Dressing Fresh Banana MACARONI & CHEESE	SLOPPY JOE Hamburger Bun ^ Maple Baked Beans Applesauce Cup	

ALL MEALS SERVED WITH APPROPRIATE CONDIMENTS AND A CHOICE OF 1% AND FAT FREE MILK. \*\* MENU SUBJECT TO CHANGE \*\*

^ Denotes item is whole-grain/whole wheat

\*\*\* This institution is an equal opportunity provider.

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