

# AUGUST

## Liberty Memorial Middle School Breakfast and Lunch



Questions or Comments?  
 Rey Ovalle  
 Director of Dining Services  
 Phone: 956-800-0045



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

### Monday

### Tuesday

### Wednesday

### Thursday

### Friday



**PUTTING CHILD NUTRITION FIRST!**  
 SFE is the new partnership K-12 Child Nutrition Service. We invite all students to Eat our freshest, most appetizing and most nutritious foods!!!  
 Get a Full Lunch Plate to be entered to win a Special Prize!

4 Fresh Fruit Selection & Reduced Sugar Cereals Available Daily at Breakfast



11 \*Vegetarian Option (or vegetarian upon request)

7

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14 **Breakfast**  
 Whole Grain Blueberry Muffin & Fresh Apple  
**Lunch**  
 Beef Ravioli w/ Roll & Crackers  
 Crispy Chicken Corn Dog  
 Peppered Broccoli

15 **Breakfast**  
 Vanilla Yogurt W/ Graham Crackers & Fresh Orange  
**Lunch**  
 Orange Chicken w/ Brown Rice  
 Creamy Alfredo Chicken Rotini  
 BBQ Chicken Pizza  
 Seasoned Peas & Carrots

16 **Breakfast**  
 Egg, Cheese & Sausage Burrito & Fresh Apple  
**Lunch**  
 Extreme Cheesy Nachos  
 Spaghetti w/ Meatballs  
 Fresh Veggie Pizza  
 Fresh Italian Chicken Salad  
 Seasoned Refried Beans

17 **Breakfast**  
 Whole Grain Maple Pancakes & Fresh Orange  
**Lunch**  
 Breaded Chicken Sandwich  
 Cheesy Chicken Fajita Tacos  
 Pepper Steak w/ Roll & Rice  
 Buffalo Chicken Pizza  
 Spiced Green Beans

18 **Breakfast**  
 Whole Grain French Toast & Fresh Apple  
**Lunch**  
 Country Fried Steak  
 Swedish Meatballs w/ Rice  
 Sausage Pizza  
 Sun Butter & Jelly Sandwich  
 Seasoned Mashed Potatoes

21 **Breakfast**  
 Mini Cinnamon Waffles & Raisins  
**Lunch**  
 Beef & Broccoli Stir Fry w/ Brown Rice  
 Popcorn Chicken w/ Roll  
 Baked Beef Taco Pizza  
 Italian Mixed Veggies

22 **Breakfast**  
 Cinnamon Toast Crunch Cereal w/ Graham Cracker & Fresh Orange  
**Lunch**  
 Creamy Macaroni & Cheese  
 WG Mini Corn Dog  
 Hawaiian Pizza  
 Chicken Caesar Salad  
 Peppered Broccoli

23 **Breakfast**  
 Vanilla Yogurt w/ Graham Cracker & Fresh Banana  
**Lunch**  
 Sweet & Sour Chicken w/ Brown Rice  
 Seasoned Beef Quesadilla  
 Crispy Tater Tots

24 **Breakfast**  
 Morning Sausage Roll & Fresh Orange  
**Lunch**  
 Broccoli & Cheese Baked Potato w/ Biscuit  
 Loaded Meatlovers Pizza  
 Fresh Garden Salad  
 Spiced Charro beans

25 **Breakfast**  
 Whole Grain Apple Frudel & Raisins  
**Lunch**  
 Juicy Hot Dog  
 Baked Rotini with Veggies  
 Spicy Chicken Pizza with Homemade Sauce  
 Spiced Green Beans

28 **Breakfast**  
 Turkey Pancake on a Stick & Fresh Banana  
**Lunch**  
 Country Chicken Pot Pie w/ Biscuit Crust  
 Gooney Grilled Cheese Sandwich  
 Peppered Corn

29 **Breakfast**  
 Whole Grain Apple Cinnamon Muffin & Fresh Pears  
**Lunch**  
 Spaghetti w/ Meaty Sauce  
 Patty Melt Sandwich  
 Smokin' BBQ Chicken Pizza  
 Ham & Cheese Salad w/ Seasoned Croutons  
 Creamed Spinach

30 **Breakfast**  
 Egg, Cheese & Sausage Burrito & Fresh Banana  
**Lunch**  
 Chicken Nuggets w/ Roll  
 Beef & Bean Tostada w/ Spanish Rice  
 Fresh Vegetable Pizza  
 Sun Butter & Jelly Sandwich  
 Seasoned Potato Wedges

31 **Breakfast**  
 Trix Cereal & Raisins  
**Lunch**  
 Chicken Snowbowl w/ Whole Wheat Roll  
 Cheesy Nachos  
 Buffalo Chicken Pizza  
 Chunky Tuna Salad Wrap  
 Spiced Green Beans

Student Breakfast Meal Price: FREE!!! Student Lunch Meal Price: FREE Breakfast Adult Meal Price: 2.50 Adult Meal Price: \$4.00