

SEPTEMBER 2024 LIBERTY LEARNING

LUNCH

All orders are due the Thursday prior to the week you are ordering for.. All lunches are served with a fruit and/or veggies. Sandwiches are served with chips.



September is Whole Grains Month! Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

Truly, truly, I say to you, unless a grain of wheat falls into the earth and dies, it remains alone; but if it dies, it bears much fruit. John 12:24



MONDAY

2

SCHOOL is CLOSED!

TUESDAY

3

Hot Dog
Corn Dog
Turkey Sandwich

WEDNESDAY

4

Chicken Nuggets
Turkey Sandwich

THURSDAY

5

Personal Cheese
or Pepperoni Pizza
Turkey Sandwich

FRIDAY

6

Chicken or
Cheese Quesadilla
Turkey Sandwich

Plain or Buffalo
Wings

9

Turkey Sandwich

Mozzarella Sticks
Taqitos
Turkey Sandwich

10

Chicken Nuggets
Turkey Sandwich

Personal Cheese
or Pepperoni Pizza
Turkey Sandwich

12

Chicken or
Cheese Quesadilla
Turkey Sandwich

13

Plain or Buffalo
Wings

16

Turkey Sandwich

Hot Dog
Corn Dog
Turkey Sandwich

17

Chicken Nuggets
Turkey Sandwich

Personal Cheese
or Pepperoni Pizza
Turkey Sandwich

19

Chicken or
Cheese Quesadilla
Turkey Sandwich

20

Plain or Buffalo
Wings

23

Turkey Sandwich

Mozzarella Sticks
Taqitos
Turkey Sandwich

24

Chicken Nuggets
Turkey Sandwich

Personal Cheese
or Pepperoni Pizza
Turkey Sandwich

26

Chicken or
Cheese Quesadilla
Turkey Sandwich

27

Plain or Buffalo
Wings

30

Turkey Sandwich

