

Cafeteria News



Welcome Back!

Hello Students and Families! My name is Kristin Smith, and I'm excited to begin my second year as your Cafeteria Director here at Liberty School. I've worked in School Food Service for many years, and this is my fifth year serving as a Director. I'm grateful to be a part of this community and look forward to another great year!

We have some exciting changes and new ideas coming to the cafeteria this year, including new menu items, additional daily options, some brand changes and a few updates to our Bar Days.

My goal is to continue making our cafeteria a more welcoming place where students can enjoy their meals, try new things, fuel their bodies with fresh fruits and veggies, and learn more about the importance of nutrition.

Please also join me in welcoming our new and returning staff this year-- Jeannie Mowen, Kitchen Support Staff, and your favorite cook, Kasey Risley!

Feel free to reach out to me with any questions or concerns.
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New Options

Our daily breakfast entree choices will consist of the listed menu item, 2 types of yogurt parfaits, and 2 kinds of cereal.

For lunch entrees,

Grades 3 and up will have the choice from 2 types of salads in place of the listed menu item. Salads come pre-packaged, but are made fresh daily. Options will be on the lunch count form each day.

The Garden Bar is back!

3 Fruit and 3 Veggie options will change daily. Up to 2 of each allowed. MUST TAKE 1.

****SALADS NOT AVAILABLE ON BAR DAYS!****

*****Limit 1 entree for each meal*****

26-27 Costs

Breakfast- ALL \$2.75 | Reduced- \$.30

Lunch- K-5 \$3.50 | 6-12 \$3.75 | Adult- \$4.25
Reduced- \$.40

Milk or Juice- \$.45

Extra Entree- \$2.00 *after meal only*



Don't forget to turn in your Free/Reduced Applications, Allergy Lists, and/or Medically Modified Meal Forms.

Breakfast

Breakfast requires a minimum of **3 *ITEMS*** to be taken.
1 MUST BE A FRUIT OR JUICE.

Items consist of

-Entree (protein and/or grain based)
-Fruit -Juice -Milk

****Milk & juice available a la carte****

Lunch

Lunch requires a minimum of **3 *COMPONENTS*** to be taken.
1 MUST BE A FRUIT OR VEGGIE.

Components consist of

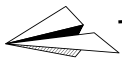
-Meat -Grain -Fruit -Veggie -Milk

Many entrees include more than one component, so the number of *items* needed for lunch will vary daily.

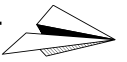
****Milk available a la carte****

Extra entree available only after the purchase of a full meal.

No extras available on bar days



New to the Menu



New LUNCH items

Daily Salads- (Grades 3-12) These will come pre-made, with separated portions of meat, cheese, egg, tomato, croutons, crackers, etc. Options may vary for different salads. If a topping is not wanted, it is easily removable. Dressings available on the condiment cart.

These can count as a full meal, but students are welcome to take any sides, fruits, veggies, or milk.

Eagles Nest- The top requested item last year was mozzarella sticks. So we're trying out a sampler platter. Options will vary Mozz Sticks, Hush Puppies, Sliders, Toasted Rav, Meatballs, Jalapeño Poppers, etc. Uncrustables will be available in regular and nut free options.

Chicken Empanada- Think a calzone style chicken enchilada. So good!

Pony Shoe- A Midwest Classic! A slice of toast, hamburger patty, topped with fries and cheese sauce!

Many new pastas on the menu this year, along with **chicken crispitos, scratch made sloppy joe's, maid-rites, and teriyaki chicken with rice!**

New BREAKFAST items

Yogurt Parfaits- Flavors will vary. Each parfait will contain 4oz yogurt, 4oz fruit, with optional 2oz granola.

These can count as full meal, but students are welcome to take additional fruits, juice or milk.

Energy Bites- Flavors will vary. ATTN: ALLERGY WARNING- MAY CONTAIN NUTS.

Overnight Oats- Highly requested last year, so we're making it happen! Flavors will vary. ATTN: MAY CONTAIN NUTS.

I will post a sign the day of, if the energy bites/oats are nut free. Students always welcome to ask for confirmation.

Also, we will have more **egg** based items this year with our **croissants, biscuits, scrambled eggs, etc.**

& BEST OF ALL.....

TORNADOS ARE BACK! *Additional whole-grain item will be served with these to ensure USDA requirements are met.*

Bar Days



Monthly Bar Days are back, with updates! Options will vary greatly these days, but below is a list of what each may have available!

Breakfast Bar-

Pancakes, sausage, hashbrowns, biscuits & gravy, eggs, bacon, chicken & waffles. The possibilities are endless!

Wing Bar-

Plain boneless wings. Choose your own sauce. Grades 9-12 ONLY will have the choice of bone-in wings. BBQ, Parmesan Garlic, Buffalo, etc.

Salad Bar-

Uncrustables always available on this day. (Nut free, if needed)

Loaded Potato/Fry Bar-

BBQ Pork, Chicken, Ham, Chili/Cheese, Pepperoni, etc. Baked potatoes always available. Types of fries will vary.

Nacho Bar-

Taco Salads also available. Chicken, Beef, Chili & Cheese!

Soup Bar-

Grilled cheese always available. Chicken Noodle, Chili, Broccoli Cheese, Taco, Vegetable, Loaded Potato, etc. Again, endless possibilities!

****SALAD OPTION NOT AVAILABLE ON BAR DAYS****

INTRODUCING A NEW CONDIMENT CART!

This will be set out each day. Dressings for salads will be on top, and the rest will be filled with menu appropriate condiments for the day!

Please be respectful and only take what you will actually use, and follow any allowed amounts posted.

Changes

In addition to the new items mentioned above, some things will be changing for this year.

Cereals- Now come in 2oz instead of previous 1oz, in order to meet the grain requirement by USDA.

Pizza- Say bye to the old school rectangle pizza, we're trying something new! Four meat, cheese, pepperoni, BBQ/Buffalo Chicken. Minimum of 2 options available each pizza day.

Oatmeal Bars- New soft baked bars and so good! Flavors will vary between strawberry crisp, smores, and blueberry lemon.

Donut Holes- New brand, new flavors! Powdered, chocolate, blueberry, and PUMPKIN!

We will also be having more regularly available toppings on sandwich days. lettuce, tomato, pickle, etc.