

January 2020

LIBERTY HIGH SCHOOL

LUNCH

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**Nutrition Tip:** Help with food waste by getting creative with leftovers and planning meals around the food you already have on hand.

Reference: Eat Right

Monday

**LIONS BOWLS: CHICKEN NUGGETS SERVED OVER MASHED POTATOES AND GRAVY****6**

Tuesday

**SPICY BEAN AND CHEESE BURRITOS W/ MEXICAN RICE****7**

Wednesday

WINTER BREAK**1**

Thursday

WINTER BREAK**2**

Friday

WINTER BREAK**3****LIONS BOWLS: CHICKEN NUGGETS SERVED OVER MASHED POTATOES AND GRAVY****13****SPICY BEAN AND CHEESE BURRITOS W/ MEXICAN RICE****14****CHEESEBURGER SERVED WITH OVEN FRIES****15****CHICKEN ENCHILADA CASSEROLE****16****BAKED POTATO SERVED WITH CHILI AND CHEESE****17****HOLIDAY****20****SPICY BEAN AND CHEESE BURRITOS W/ MEXICAN RICE****21****CHEESEBURGER SERVED WITH OVEN FRIES****22****CHICKEN ENCHILADA CASSEROLE****23****BAKED POTATO SERVED WITH CHILI AND CHEESE****24****LIONS BOWLS: CHICKEN NUGGETS SERVED OVER MASHED POTATOES AND GRAVY****27****SPICY BEAN AND CHEESE BURRITOS W/ MEXICAN RICE****28****CHEESEBURGER SERVED WITH OVEN FRIES****29****CHICKEN ENCHILADA CASSEROLE****30****BAKED POTATO SERVED WITH CHILI AND CHEESE****31**