

# August

## Liberation Academy

### Liberation Academy (5-8 Lunch Menu SY 2026 - 2027)

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| <b>Lunch Entree</b><br>Pulled Chicken Sandwich<br>Veggie Patty Burger<br><b>Vegetables</b><br>Tater Tots Potatoes<br><b>Fruit</b><br>Applesauce<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Ketchup       | <b>3</b>  | <b>Lunch Entree</b><br>Chicken Tex Mex<br>Vegan Burrito<br><b>Vegetables</b><br>Black Beans<br>Yellow Corn 0.25C<br><b>Fruit</b><br>Fresh Mandarin<br><b>Grains</b><br>Crispy Round Tortilla Chips<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk | <b>4</b>  | <b>Lunch Entree</b><br>WG Cheese Pizza<br><b>Vegetables</b><br>Mixed Salad<br><b>Fruit</b><br>Apple<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Dressing, Ranch, SS, 200/12g, Kraft Heinz, #53310                               | <b>5</b>  | <b>Lunch Entree</b><br>Spaghetti w/ Meatballs<br>Spaghetti w/ Vegan Meatless balls<br><b>Vegetables</b><br>Chopped Spinach<br><b>Fruit</b><br>Juicy Juice - Strawberry Kiwi Juice (4.23oz)<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk | <b>6</b>  | <b>Lunch Entree</b><br>Turkey & Cheese sandwich<br>Hummus and Cheese Sandwich<br>Vegan Hummus Sandwich<br><b>Vegetables</b><br>Baby Carrots<br><b>Fruit</b><br>Banana<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Ketchup<br>Mustard, Packet | <b>7</b>  |
| <b>Lunch Entree</b><br>BBQ Chicken<br>BBQ Chickpeas - Vegetarian<br><b>Vegetables</b><br>Mashed Potatoes<br>Sliced Carrot<br><b>Fruit</b><br>Apple<br><b>Grains</b><br>WG Dinner Roll<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk | <b>10</b> | <b>Lunch Entree</b><br>Beef Soft Taco<br>Vegan Soft Taco<br>Vegetarian Soft Taco<br><b>Vegetables</b><br>Mild Salsa<br>Romaine Lettuce<br><b>Fruit</b><br>Mixed Fruit Cup<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk                          | <b>11</b> | <b>Lunch Entree</b><br>Turkey Burger<br>Veggie Patty Burger<br><b>Vegetables</b><br>Mixed Greens Italian Salad<br><b>Fruit</b><br>Fresh Mandarin<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Golden Italian Dressing<br>Ketchup | <b>12</b> | <b>Lunch Entree</b><br>Penne w/ Meatballs<br>Penne w/ Meatless Ball<br><b>Vegetables</b><br>Green Beans 3/4C<br><b>Fruit</b><br>Diced Peaches<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk                                              | <b>13</b> | <b>Lunch Entree</b><br>Chicken Corn Dog<br>Vegan Nugget Sub<br><b>Vegetables</b><br>Vegetarian Baked Beans 3/4c<br><b>Fruit</b><br>Banana<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Ketchup 7g                                             | <b>14</b> |

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| <b>Lunch Entree</b><br>Vegan Nuggets<br>Turkey Sausage<br><b>Vegetables</b><br>Tater Tots Potatoes<br><b>Fruit</b><br>Juicy Juice Grape Juice Box<br><b>Grains</b><br>Whole Wheat Pancakes<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Ketchup<br>Syrup | 17 | <b>Lunch Entree</b><br>Chipotle Chicken Rice Burrito<br>Vegan Burrito<br>Vegetarian Burrito<br><b>Vegetables</b><br>Mild Salsa<br><b>Fruit</b><br>Diced Pears<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Chocolate Milk                              | 18 | <b>Lunch Entree</b><br>WG Cheese Pizza<br><b>Vegetables</b><br>Mixed Salad<br><b>Fruit</b><br>Fresh Mandarin<br><b>Milk</b><br>Dairy Direct - Chocolate Milk<br>White Milk - Dairy Direct (1 pint)<br><b>Condiments</b><br>Dressing, Ranch, SS, 200/12g, Kraft Heinz, #53310 | 19 | <b>Lunch Entree</b><br>Turkey Burger<br>Veggie Patty Burger<br><b>Vegetables</b><br>Romaine Lettuce<br>Cherry Tomatoes 1/4c<br><b>Fruit</b><br>Apple<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Ketchup<br>Dressing, Ranch, SS, 200/12g, Kraft Heinz, #53310<br>Mayonnaise Pouch | 20 | Asynchronous Learning | 21                                                                                                                                                                                                                                                                                                                    |
| <b>Lunch Entree</b><br>Penne w/ Meatballs<br>Penne w/ Meatless Ball<br><b>Vegetables</b><br>Chopped Spinach<br><b>Fruit</b><br>Juicy Juice Berry Juice Box<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk                                                                          | 24 | <b>Lunch Entree</b><br>Chicken Soft Tacos<br>Vegan Soft Taco<br>Vegetarian Soft Taco<br><b>Vegetables</b><br>Romaine Lettuce<br>Mild Salsa<br><b>Fruit</b><br>Diced Peaches<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk | 25 | <b>Lunch Entree</b><br>Vegan Hummus Sandwich<br>Turkey & Cheese Sub<br><b>Vegetables</b><br>Baby Carrots<br><b>Fruit</b><br>Apple<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Mayonnaise Pouch             | 26 | <b>Lunch Entree</b><br>BBQ Chicken<br>Vegan Nuggets<br><b>Vegetables</b><br>Mashed Potatoes<br>Lima Beans<br><b>Fruit</b><br>Mixed Fruit Cup<br><b>Grains</b><br>WG Dinner Roll<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Ketchup                                               | 27 |                       | <b>Lunch Entree</b><br>Sloppy Joe Sandwich<br>Vegetarian Sloppy Joe<br><b>Vegetables</b><br>Mixed Salad<br><b>Fruit</b><br>Banana<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk<br><b>Condiments</b><br>Mayonnaise Pouch<br>Dressing, Ranch, SS, 200/12g, Kraft Heinz, #53310 |
| <b>Lunch Entree</b><br>Beef Chili Beans<br>Veggie Chili Beans<br><b>Vegetables</b><br>Green Beans 0.25 C<br><b>Fruit</b><br>Juicy Juice - Fruit Punch Juice Box<br><b>Grains</b><br>Cheez-It Crackers<br><b>Milk</b><br>White Milk - Dairy Direct (1 pint)<br>Dairy Direct - Chocolate Milk                               | 31 |                                                                                                                                                                                                                                                                   |    |                                                                                                                                                                                                                                                                              |    |                                                                                                                                                                                                                                                                                                                                                     |    |                       |                                                                                                                                                                                                                                                                                                                       |

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