

menu notes
 One slice of toast w/ jelly will be served each day with breakfast. Choice of cold milk will be served each day with breakfast and lunch. Cereal is offered as a second entree choice each day for Breakfast. Nutritious meals are essential to the growth and development of our children. Well-balanced lunches are available to your child on a daily basis in the school cafeteria. Fort Bragg Schools participates in the National School Lunch Program, which means that we must meet certain nutritional criteria when we serve your child lunch. Each lunch we serve offers you child: Protein, Fruits, Vegetables, Bread, and Milk. Offer vs. Serve: We encourage you to discuss menu selections at home with your child. Help them to learn to make wise nutritious menu selections. Your child may refuse 1 or 2 menu items as they proceed through the lunch line and still meet the requirements of the school lunch program. Fresh Fruit Choices - Whole Pieces of Fruit are available every day as Fruit/Vegetable Choice.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 BREAKFAST Breakfast Pizza Or Cereal Sliced Peaches LUNCH Choose One Pizza Sloppy Joe Choose Two Green Beans Steamed Broccoli Golden Corn Orange Wedges	6 BREAKFAST Scrambled Eggs w/ Grits Or Cereal Applesauce LUNCH Choose One Vegetable Meat Soup w/ Grilled Cheese Sandwich Corndog Choose Two Baked Apples Corn on Cob Broccoli & Carrots Sticks Sliced Peaches	7 BREAKFAST Waffle w/ Syrup Or Cereal Orange Juice LUNCH Choose One Cheeseburger Baked Ham w/ Wheat Roll Choose Two Oven Baked Fries Lima Beans Orange Wedges Applesauce	8 BREAKFAST Grilled Cheese Sandwich Or Cereal Orange Wedges LUNCH Choose One Bar-B-Que Chicken w/ Wheat Roll Tacos Choose Two Parsley Potatoes Shredded Lettuce w/ Diced Tomatoes Congealed Fruit Salad Sliced Peaches Birthday Cake	9 BREAKFAST Oatmeal w/ Ham Biscuit Or Cereal Chilled Peaches LUNCH Choose One Fish Sticks w/ Cornbread Macaroni & Cheese w/ Diced Ham and Roll Choose Two Potato Rounds Garden Peas Baked Apples Orange Wedges Coleslaw
12 BREAKFAST Grilled Cheese Sandwich Or Cereal Applesauce LUNCH Choose One Cheese Pizza Chicken Sandwich Choose Two Steamed Corn Baked Beans Sliced Peaches Lettuce w/ Pickle Chips	13 BREAKFAST Pancake n Sausage Or Cereal Orange Wedges LUNCH Choose One Cheeseburger Turkey Noodle Soup w/ Ham Biscuit Choose Two Baked Apples Baked Beans Oven Fries Orange Wedges	14 BREAKFAST Breakfast Pizza Or Cereal Sliced Peaches LUNCH Choose One Baked Chicken w/ Roll Hotdog w/ Chili Choose Two Creamed Potatoes Lima Beans Baked Apples Congealed Fruit Salad Coleslaw	15 BREAKFAST Apple Cinnamon Muffin w/ Oatmeal Or Cereal Orange Juice LUNCH Choose One Chicken Pot Pie w/ Roll Baked Ham w/ Wheat Roll Choose Two Parsley Potatoes Applesauce Peach Cup Garden Peas Oatmeal Cookie	16 BREAKFAST French Toast Sticks w/ Syrup Or Cereal Applesauce LUNCH Choose One Fish Portion w/ Cornbread Hot Ham & Cheese Sandwich Choose Two Parsley Potatoes Baked Apples Green Beans Peaches w/ Sliced Bananas & Diced Apples Coleslaw
19  NO SCHOOL	20  STAFF DEVELOPMENT DAY NON-STUDENT DAY	21 BREAKFAST Scrambled Eggs w/ Grits Or Cereal Orange Wedges LUNCH Choose One Spaghetti w/ French Bread Breaded Chicken Drumsticks Choose Two Potato Rounds Garden Peas Tossed Salad Applesauce	22 BREAKFAST Grilled Cheese Sandwich Or Cereal Peaches LUNCH Choose One Bar-B-Que Chicken w/ Wheat Roll Cheeseburger Choose Two Candied Yams Lima Beans Steamed Cabbage Congealed Fruit Salad	23 BREAKFAST Apple Cinnamon Muffin w/ Oatmeal Or Cereal Orange Juice LUNCH Choose One Fishwich Taco Salad Choose Two Steamed Corn Green Beans Diced Tomatoes Orange Wedges
26 BREAKFAST Pancake n Sausage Or Cereal Applesauce LUNCH Choose One Pizza Sloppy Joe Choose Two Steamed Corn Green Beans	27 BREAKFAST Scrambled Eggs w/ Grits Or Cereal Peaches LUNCH Choose One Turkey Noodle Soup w/ Grilled Cheese Sandwich Corndog Choose Two Baked Beans Sweet Potato Souffle Baked Apples Congealed Fruit Salad	28 BREAKFAST Breakfast Pizza Or Cereal Orange Wedges LUNCH Choose One Spaghetti w/ French Bread Hotdog w/ Chili Choose Two Garden Peas Tossed Salad Coleslaw	29 BREAKFAST Managers Choice Or Cereal Peaches w/ Banana Slices LUNCH Choose One Oven Baked Chicken w/ Wheat Roll Cheeseburger Choose Two Parsley Potatoes Lima Beans Congealed Fruit Salad Lettuce w/ Pickle Chips	30 BREAKFAST Apple Cinnamon Muffin w/ Oatmeal Or Cereal Orange Juice LUNCH Choose One Turkey Deli w/ Ham and Cheese Sandwich Choose Two Carrots Sticks Applesauce Cup School made Oatmeal cookie

notes
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MENU SUBJECT TO CHANGE WITHOUT NOTIFICATION
