

REDUCED BREAKFAST .30
LUNCH (K-3) 2.25
LUNCH (4-5) 2.35
LUNCH (6-12) 2.50
REDUCED LUNCH .40
 Free meals available from USDA.
 Contact the school office for details.

QUANTICO SCHOOLS CAFETERIA LUNCH MENU

SEPTEMBER 28, 2009 TO NOVEMBER 06, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Hot Dog with Bun Pork and Beans Green Beans Blueberry Muffin Cake Assorted Milk	29 Cheeseburger with Bun Tater Tots Tossed Salad Peaches Assorted Milk	30 Spaghetti with Marinara Sauce Garlic Bread Tossed Salad Sliced Pears Assorted Milk	01 Chicken Breast Tenders Potato Wedges Mixed Vegetables Pineapple Cup Assorted Milk	02 Twin Tacos Lettuce, Tomato and Cheese Corn Strawberry Shortcake Assorted Milk
05 Hamburger with Bun Lettuce and Tomato Potato Rounds Blueberry Crisp Assorted Milk	06 Chicken Nuggets Mashed Potatoes with Gravy Broccoli Chocolate Chocolate Chip Cookie Assorted Milk	07 Grilled Cheese Sandwich Chicken Veg-Noodle Soup Peas and Carrots Spice Cake Assorted Milk	08 Macaroni and Cheese Mixed Vegetables Diced Peaches Sugar Cookie Assorted Milk	09 Hawaiian Cheese Pizza French Fries Green Beans Fruit Cocktail Assorted Milk
12 COLUMBUS DAY NO SCHOOL	13 Chicken Nuggets Tater Tots Broccoli Applesauce Assorted Milk	14 Cheese Enchiladas Tossed Salad Corn Mexican Wedding Cookie Assorted Milk	15 Chicken Breast Tenders French Fries Tossed Salad Baked Apples Assorted Milk	16 Twin Soft Tacos Lettuce, Tomato and Cheese Corn Sugar Cookie Assorted Milk
19 Hot Dog with Bun French Fries Mixed Vegetables Apple Crisp Assorted Milk	20 Chicken Nuggets Mashed Potatoes with Gravy Broccoli Oatmeal Cookie Assorted Milk	21 Spaghetti with Marinara Sauce Garlic Bread Green Beans Diced Peaches Assorted Milk	22 Taco Salad Tortilla Chips Buttered Corn Mexican Wedding Cookie Assorted Milk	23 Pepperoni Pizza Tossed Salad Peas and Carrots Fruit Cocktail Assorted Milk
26 TEACHER WORKDAY NO SCHOOL	27 Chicken Nuggets Mashed Potatoes with Gravy Sliced Carrots Strawberry Shortcake Assorted Milk	28 Grilled Ham and Cheese Sandwich Chicken Vegetable-Noodle Soup Mixed Vegetables Brownies Assorted Milk	29 Hot Open-faced Turkey Sandwich Mashed Potatoes with Gravy Peas Blueberry Crisp Assorted Milk	30 Twin Taco Lettuce, Tomato and Cheese Corn Sugar Cookie Assorted Milk
02 Cheeseburger with Bun Lettuce and Tomato Cup French Fries Assorted Cookies Assorted Milk	03 Waffles with Maple Syrup Sausage Patty Orange Juice Blueberry Muffin Cake Assorted Milk	04 Mexican Chili Tossed Salad Cornbread Peaches Assorted Milk	05 Hot Dog with Bun Potato Wedges Green Beans Baked Apples Assorted Milk	06 Cheese Pizza Potato Rounds Sliced Carrots Diced Pears Assorted Milk

Join your children for lunch anytime you would like to come join them.
Celebrate National School Lunch week Oct 13th to 17th

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QUANTICO SCHOOLS BREAKFAST MENU

20 DAY TICKETS:
 LUNCH (K-3) 45.00
 LUNCH (4-5) 47.00
 LUNCH (6-12) 50.00
 BREAKFAST 25.00
 REDUCED BREAKFAST 6.00
 REDUCED LUNCH 8.00
 10 DAY TICKETS AVAILABLE FOR
 LUNCHES ONLY

SEPTEMBER 28, 2009 TO NOVEMBER 06, 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	29 Fresh Fruit Ham and Cheese Biscuit Assorted Milk	30 Assorted Juice Pancakes with Maple Syrup Assorted Milk	01 Fresh Fruit Sausage Biscuits Assorted Milk	02 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk
05 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	06 Assorted Juice Pancakes with Maple Syrup Assorted Milk	07 Assorted Juice Bacon and Cheese Biscuit Assorted Milk	08 Fresh Fruit Waffles with Maple Syrup Assorted Milk	09 Assorted Juices Scramble Eggs Buttered Toast Assorted Milk
12 COLUMBUS DAY NO SCHOOL	13 Fresh Fruit Assorted Cereal Buttered Toast Assorted Milk	14 Assorted Juice French Toast Assorted Milk	15 Assorted Juices Pancakes with Maple Syrup Assorted Milk	16 Fruit Scrambled Eggs Buttered Toast Assorted Milk
19 Assorted Juice Assorted. Cereal Buttered Toast Assorted Milk	20 Fresh Fruit Ham and Cheese Biscuit Assorted Milk	21 Fresh Fruit Waffles with Maple Syrup Assorted Milk	22 Assorted Juice Bacon Biscuit Assorted Milk	23 Fresh Fruit Scrambled Eggs Buttered Toast Assorted Milk
26 TEACHER WORKDAY NO SCHOOL	27 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	28 Assorted Juice Bagels with Jelly or Peanut Butter Assorted Milk	29 Fresh Fruit Sausage Biscuit Assorted Milk	30 Assorted Juice Scrambled Eggs Buttered Toast Assorted Milk
02 Assorted Juice Assorted Cereal Buttered Toast Assorted Milk	03 Fresh Fruit Ham and Cheese Biscuit Assorted Milk	04 Assorted Milk English Muffin Assorted Milk	05 Fresh Fruit French Toast Assorted Milk	06 Assorted Juices Scrambled Eggs Buttered Toast Assorted Milk

JOIN YOUR CHILD FOR BREAKFAST ONE DAY, THEY WILL ENJOY YOUR COMPANY