




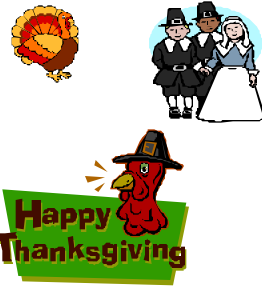
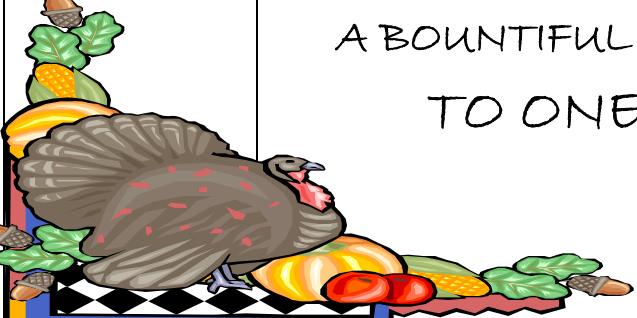
FORT BRAGG SCHOOLS

NOVEMBER

PK - 9



2009

<p>11/2 B: Breakfast Pizza or Cereal Orange Wedges COLD MILK L: CHOOSE ONE Chicken Tenders w/Roll or Baked Potato w/Meat & Cheese Sauce and Orange Roll CHOOSE TWO Corn on Cob Baked Apples Sliced Peaches Steamed Broccoli</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/3 B: Breakfast Bagel or Cereal Peach and Bananas Fruit Cup COLD MILK L: CHOOSE ONE Hotdog w/Chili or Turkey Pastry w/ Corn Muffin CHOOSE TWO Sweet Potato Fluff Black eye Peas Fruit cup - Sliced Peaches, Diced Apples Coleslaw</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/4 B: Apple Cinnamon Muffin w/Oatmeal or Cereal Chilled Peaches COLD MILK L: CHOOSE ONE Cheeseburger or Bar-B-Que Chicken w/ Wheat Roll</p> <p>Boiled Potatoes Green Beans Congealed Fruit Salad Lettuce w/Pickle Chips</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/5 B: Scramble Eggs w/ Grits or Cereal Applesauce COLD MILK L: CHOOSE ONE Corn dog or Macaroni & Cheese w/Diced Ham and Roll</p> <p>CHOOSE TWO Garden Peas Sweet Potatoes Orange Wedges Fresh Whole Apple</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/6 B: Pancake n' Sausage or Cereal Orange Juice COLD MILK L: CHOOSE ONE Spaghetti w/ French Bread or Fish Wich CHOOSE TWO Oven Baked Fries Corn On Cob Tossed Salad Coleslaw</p> <p>CHOOSE ONE COLD MILK</p>
<p>11/8 B: B: Grilled Cheese Sandwich or Cereal Orange Wedges Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Pepperoni Pizza or Turkey Deli on Whole Wheat Bread CHOOSE TWO Steamed Peas & Carrots Baked Apples Corn on Cob Shredded Lettuce w/ Tomatoes Slice Peaches CHOOSE ONE COLD MILK</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/10 B: Breakfast Pizza or Cereal Peaches Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Lasagna w/ French Bread or Cheeseburger CHOOSE TWO Oven Fries Green beans Lettuce w/ Tomatoes Applesauce</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/11 <i>A Salute To Americas Veterans</i></p> 	<p>11/12 B: French Toast Sticks w/Syrup or Cereal Orange Juice Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE Chicken Sandwich or Tacos (2) CHOOSE TWO Parsley Potatoes Steamed Carrots Orange Wedges Pear Salad Lettuce w/ Diced Tomatoes CHOOSE ONE COLD MILK</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/13 Parent/Teacher Conferences (PK-9)</p> <p>Non Student Day</p> 
<p>11/16 B: Ham Biscuit w/ Oatmeal or Cereal Chilled Peaches Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE</p> <p>Cheese Pizza or Sloppy Joe CHOOSE TWO Corn on Cob Green Beans Steamed Carrots Orange Wedges</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/17 B: Breakfast Pizza or Cereal Applesauce Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE</p> <p>Chicken Tenders w/ Wheat Roll or Baked Potato w/Meat & Cheese w/Roll CHOOSE TWO Steamed Broccoli Green Beans Sliced Peaches, Diced Apples Mixed Tossed Salad</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/18 B: Pancake N' Sausage or Cereal Toast (1) w/ Jelly Orange Juice COLD MILK CHOOSE ONE</p> <p>Hotdog w/ Chili or Chicken Sandwich CHOOSE TWO Steamed Squash Creamed Potatoes Congealed Fruit Salad Coleslaw</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/19 B: Breakfast Bagel or Cereal Orange Wedges Toast (1) w/ Jelly COLD MILK L: CHOOSE ONE THANKSGIVING DINNER Sliced Turkey w/Dressing, Gravy, Roll or Corn dog CHOOSE TWO Candied Yams Lima Beans Broccoli Casserole Congealed Fruit Salad Sweet Potato Pie CHOOSE ONE COLD MILK</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/20 B: Scramble Eggs w/ Grits or Cereal Toast (1) w/ Jelly Apple Wedges COLD MILK CHOOSE ONE</p> <p>Fishwich or Hot Ham & Cheese Sandwich CHOOSE TWO Parsley Potatoes Garden Peas Coleslaw Orange Wedges</p> <p>CHOOSE ONE COLD MILK</p>
<p>11/23 B: Pancake n' Sausage or Cereal Toast (1) w/Jelly Applesauce COLD MILK L: CHOOSE ONE</p> <p>Pepperoni Pizza or Sloppy Joe CHOOSE TWO Steamed Corn Green Beans Broccoli Florets w/Dip Orange Wedges CHOOSE ONE COLD MILK</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/24 B: Scramble Eggs w/Grits or Cereal Toast (1) w/Jelly Orange Juice COLD MILK L: CHOOSE ONE Vegetable Meat Soup w/ Grilled Cheese Sandwich or Cheeseburger CHOOSE TWO Potato Rounds Baked Beans Congealed Fruit Salad Sliced Peaches</p> <p>CHOOSE ONE COLD MILK</p>	<p>11/25 THANKSGIVING BREAK NON-STUDENT NON-TEACHER DAY</p>	 <p>Happy Thanksgiving</p>	<p>THANKSGIVING BREAK NON-STUDENT NON-TEACHER DAY</p>
<p>11/30 B: Pancake n' Sausage or Cereal Toast (1) w/Jelly Applesauce COLD MILK L: CHOOSE ONE</p> <p>Pepperoni Pizza or Chicken Sandwich CHOOSE TWO Steamed Corn Green Beans Celery Sticks w/ Pimento Cheese Orange Wedges</p> <p>CHOOSE ONE COLD MILK</p>	 <p>A BOUNTIFUL THANKSGIVING TO ONE AND ALL</p>			

THIRD CHOICE AVAILABLE - (Students & Teachers) - All Schools will offer Salad Every day
MENU SUBJECT TO CHANGE WITHOUT NOTIFICATION

*Fresh Fruit Choices - Whole Pieces of Fruit are available Every day as Fruit/Vegetable Choice.
STUDENTS BREAKFAST COST: FULL PAY: PK - 9 \$.75; REDUCED: PK - 9 \$.30; FREE: PK - 9 \$.00
STUDENTS LUNCH COST: FULL PAY: PK - 4 \$ 1.50; 5 - 9 \$ 1.75; REDUCED: PK - 9 \$.40; FREE: PK - 9 \$.00

*In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability.

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