
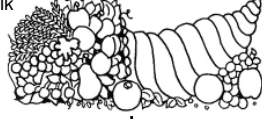











**CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • November 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Cinnamon Cream Cheese Bagel Choice of Fruit or Juice Choice of Low-Fat Milk</p> 	<p>3</p> <p>Scrambled Egg Cheesy Grits Sausage Patty Toast w/Jelly Choice of Chilled Juice Choice of Low-Fat Milk</p>	<p>4</p> <p>Toasted Cheese Sandwich Frosty Peach Cup Choice of Low-Fat Milk</p>	<p>5</p> <p>Freshly Baked Cinnamon Bun Choice of Cereal Chilled Fruit Cup Choice of Low-Fat Milk</p> 	<p>6</p> <p>Pancakes Choice of Cereal Chilled Fruit Cup Choice of Low-Fat Milk</p>
<p>9</p> <p>French Toast Sticks Sausage Patty Spicy Applesauce Choice of Low-Fat Milk</p>	<p>10</p> <p>Ham &amp; Cheese Biscuit Choice of Juice Choice of Low-Fat Milk</p>	<p>11</p> <p><b>VETERANS DAY FEDERAL HOLIDAY</b></p> 	<p>12</p> <p>Belgium Waffle Sticks Choice of Cereal Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>13</p> <p>Fruit Yogurt Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk</p>
<p>16</p> <p>Breakfast Bagel Choice of Juice Choice of Low-Fat Milk</p>	<p>17</p> <p>Scrambled Egg Cheesy Grits Toast w/Jelly Chilled Orange Juice Choice of Low-Fat Milk</p>	<p>18</p> <p>Sausage Biscuit Choice of Chilled Juice Choice of Low-Fat Milk</p> 	<p>19</p> <p>Oatmeal w/Raisins Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>20</p> <p>Whole Grain Apple Cinnamon Muffin Choice of Cereal Choice of Juice Choice of Low-Fat Milk</p>
<p>23</p> <p>Breakfast Pizza Choice of Juice Choice of Low-Fat Milk</p> 	<p>24</p> <p>Freshly Baked Cinnamon Bun Choice of Cereal Chilled Fruit Cup Choice of Low-Fat Milk</p>	<p>25</p> <p>Have a Happy, Healthy &amp; Safe Thanksgiving Holiday!</p> 	<p>26</p>	<p>27</p> <p align="right"><i>See You on November 30!</i></p>
<p>30</p> <p>Blueberry Pancake Sausage Bites Choice of Chilled Juice Choice of Low-Fat Milk</p>	<p><b>Healthy Tips From <a href="http://www.eatsmartmovemorenc.com/">www.eatsmartmovemorenc.com/</a>!</b></p> <p>Make fruits and vegetables half your plate. What are low in calories, full of essential nutrients and can help reduce your risk for chronic disease? Fruits and vegetables! Make fruits and vegetables half your plate at every meal and for every snack. Fresh, frozen, dried, canned — it all counts. Shake things up by enjoying a variety of colors to stay healthy and fit. Your body will thank you.</p> <p>Trade TV time for activity time — walk, run, bike, or play. Many of us say we don't have time for physical activity, yet we spend 3 to 4 hours in front of the TV. Not only are we inactive while watching television, we often snack on high-calorie foods at the same time. Trade TV time for physical activity. Walk or bike with your family after dinner. By not planning TV time, you'll have more time for physical activity.</p> <p>Try water with lemon or flavored, unsweetened drinks instead of sugary drinks. We all love a refreshing drink with a meal, as a snack, or after physical activity. Sodas, sweet tea and other sugary drinks taste great, but have a lot of calories and no nutrients. Next time you're thirsty, rethink your drink. Try water with lemon or other flavored, unsweetened drinks instead.</p> <p align="center"><b>A choice of cereal, toast, chilled juice, and low-fat milk is available daily.</b></p>			

**CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • November 2009**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>Cheeseburger on Bun Oven Roasted Potato Wedges or Honey Baked Beans or Chilled Pears Cherry Chocolate Chip Cookie Choice of Low-Fat Milk</p>	<p>3</p> <p>Chicken Fajita w/All the Trimmings (Cheese, Lettuce, Non-Fat Sour Cream, &amp; Salsa) Steamed Fresh NC Broccoli or NC Orchard Grown Red Delicious Apple or Spicy Local Sweet Potatoes Choice of Low-Fat Milk</p>	<p>4</p> <p>Chicken Breast Tenders w/Choice of BBQ or Honey Mustard Sauce &amp; Soft Wheat Roll Potatoes au Gratin or Seasoned Baby Peas or Cinnamon Applesauce Choice of Low-Fat Milk</p>	<p>5</p> <p>Barbeque or Rotisserie-Style Chicken w/Freshly Baked Wheat Roll Creamed Potatoes or Seasoned Green Beans or Fresh Cara Cara Pink Navel Oranges Gelatin w/Topping Choice of Low-Fat Milk</p>	<p>6</p> <p>Fish Fillet on Bun Steamed NC Cabbage or Seasoned Black-Eyed Peas or Fresh Apple &amp; Orange Wedges Wild Blueberry Tart Choice of Low-Fat Milk</p>
<p>9</p> <p>Spaghetti w/Meat Sauce &amp; Soft Wheat Roll Crisp Romaine &amp; Spinach Salad w/Low-Fat Dressing or Hot Cinnamon Apples or Steamed California Vegetables Choice of Low-Fat Milk</p>	<p>10</p> <p>Chili Dog on Bun Roasted New Potatoes or Seasoned Field Peas and Snaps or Carolina Slaw Cherry Cobbler Choice of Milk</p>	<p>11</p> <p><b>VETERANS DAY FEDERAL HOLIDAY</b></p> 	<p>12</p> <p>Nachos w/All the Trimmings (Beef, Cheese, Non-Fat Sour Cream, Salsa, &amp; Sliced Jalapeños) Seasoned Corn or Oven Baked Potato Wedges or Garden Salad w/Low-Fat Dressing Choice of Low-Fat Milk</p>	<p>13</p> <p>Chicken Fried Rice Sautéed Fresh Zucchini &amp; Yellow Squash or Steamed Broccoli or Mandarin Fruit Cup Almond Cookie Choice of Low-Fat Milk</p>
<p>16</p> <p>Soft Taco w/All the Trimmings (Lettuce, Tomato, Non-Fat Sour Cream, Salsa, &amp; Taco Sauce) Seasoned Corn or Cajun Style Pinto Beans or Steamed NC Cabbage Choice of Low-Fat Milk</p>	<p>17</p> <p>Vegetarian Vegetable Soup Toasted Cheese Sandwich Crisp Garden Salad w/Low-Fat Dressing or Frosty Peach Cup or Chilled Pineapple Chunks Choice of Low-Fat Milk</p>	<p>18</p> <p>Chicken Nuggets w/Choice of Sauce &amp; Soft Wheat Roll Spicy NC Sweet Potatoes or Steamed Broccoli &amp; Cauliflower au Gratin or Chilled Pears Choice of Low-Fat Milk</p>	<p>19</p> <p><b>HAPPY THANKSGIVING!</b> Roast Turkey w/Herbed Cornbread Dressing &amp; Cranberry Sauce Creamed Potatoes or Seasoned Green Beans or Steamed Harvest Corn or Local Collard Greens Spicy Sweet Potato Tart Choice of Low-Fat Milk</p> 	<p>20</p> <p>Fish Nuggets w/Corn Muffin Steamed Broccoli Florets or Oven Baked Potato Wedges or Fresh Orange Wedges Choice of Low-Fat Milk</p>
<p>23</p> <p>Rotini w/Meat Sauce &amp; Freshly Baked Wheat Roll Garden Salad w/Low-Fat Dressing or Seasoned Corn or Steamed Broccoli &amp; Cauliflower Choice of Low-Fat Milk</p>	<p>24</p> <p>Chicken Fillet on Bun w/Lettuce &amp; Tomato Honey Baked Beans or Carolina Cole Slaw or Oven Roasted Potatoes Choice of Low-Fat Milk</p>	<p>25</p> <p>Have a Happy, Healthy &amp; Safe Thanksgiving Holiday!</p> 	<p>26</p>	<p>27</p> <p align="right"><i>See You on November 30!</i></p>
<p>30</p> <p>Cheese or Whole Grain Pepperoni Pizza Steamed Broccoli Florets or Seasoned Corn or Frosty Peach Cup Choice of Low-Fat Milk</p>	<p align="center"><b>Goodness Grows in North Carolina</b></p>  <p><b>FARM TO SCHOOL PROGRAM GROWING &amp; GROWING!</b></p> <p align="center"><b>LOCAL IS FRESHER!</b></p> <p>Look for local sweet potatoes, broccoli, red and green cabbage, collard greens and an abundance of NC Mountain grown variety apples to grace our menu this month.</p>  <p align="center"><i>Applications for school meal benefits are available throughout the year. If you have a decrease in income or an increase in your family size, you may re-apply at any time. Contact 450-1732 for more information.</i></p>			