














## CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • October 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>PAYING FOR SCHOOL MEALS IS EASIER THAN EVER AT <a href="http://WWW.LUNCHPREPAY.COM">WWW.LUNCHPREPAY.COM</a>!</b> <ul style="list-style-type: none"> <li>■ You get quick and easy access to your student's meal account 24 hours a day, seven days a week.</li> <li>■ The ability to pay for multiple students' accounts with one single payment.</li> <li>■ The ability to look-up your student's account balance, any time, any place the Internet is available.</li> <li>■ The ability to see 90 calendar days of purchases and payments.</li> <li>■ Automated notification, via e-mail, when your student's account balance falls below an amount you have set.</li> <li>■ Peace of mind, knowing that the money is being used for good nutrition.</li> </ul> <p>Although the annual fee has been waived for our military families, there is a 5% service fee for utilizing this site.</p>			<p>Sausage Biscuit Choice of Chilled Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>1</b></p> 	<p>Fruit Yogurt Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>2</b></p>
<p>French Toast Sticks Choice of Cereal Chilled Pears Choice of Milk</p> <p style="text-align: right;"><b>5</b></p> 	<p>Scrambled Eggs Cheesy Grits Toast w/Jelly Chilled Orange Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>6</b></p>	<p>Freshly Baked Cinnamon Bun Choice of Cereal Chilled Fruit Cup Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>7</b></p>	<p>Oatmeal w/Raisins Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>8</b></p> 	<p>Blueberry Pancake Sausage Bites Choice of Chilled Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>9</b></p>
<p><b>COLUMBUS DAY</b> FEDERAL HOLIDAY</p>  <p><b>NATIONAL SCHOOL LUNCH WEEK</b></p> <p style="text-align: right;"><b>12</b></p>	<p>Breakfast Pizza Choice of Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>13</b></p> 	<p>Sausage Biscuit Spicy Applesauce Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>14</b></p>	<p>Whole Grain Apple Cinnamon Muffin Choice of Cereal Choice of Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>15</b></p>	<p>Toasted Cheese Sandwich Frosty Peach Cup Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>16</b></p>
<p>Pancakes Choice of Cereal Chilled Fruit Cup Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>19</b></p>	<p>Ham &amp; Cheese Biscuit Choice of Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>20</b></p>	<p>Scrambled Egg Cheesy Grits Sausage Patty Choice of Chilled Juice Toast w/Jelly Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>21</b></p>	<p>Belgium Waffle Sticks Choice of Cereal Choice of Fruit or Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>22</b></p> 	<p>French Toast Sticks Sausage Patty Spicy Applesauce Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>23</b></p>
<p><b>STAFF WORKDAY</b> STUDENT HOLIDAY</p>  <p style="text-align: right;"><b>26</b></p>	<p><b>PROFESSIONAL DEVELOPMENT DAY</b> STUDENT HOLIDAY</p>  <p style="text-align: right;"><b>27</b></p>	<p>Breakfast Bagel Choice of Juice Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>28</b></p>	<p>Freshly Baked Cinnamon Bun Choice of Cereal Chilled Fruit Cup Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>29</b></p>	<p><b>HAPPY HALLOWEEN!</b> Whole Grain "BOO!" Berry Muffin Choice of Fruit or Juice Choice of Low-Fat Milk</p> 


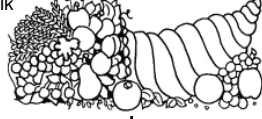




*A choice of cereal, toast, chilled juice, and low-fat milk is available daily.*

## CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • October 2009






MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Celebrate <b>NATIONAL SCHOOL LUNCH WEEK!</b> <i>October 12-16, 2009</i></p>  <p>School lunches provided through the National School Lunch Program can be essential to maintaining healthy childhood weight. Based on federal nutrition guidelines, these balanced meals provide more fruits and vegetables and less fat than the average bag lunch brought from home. School lunches are instrumental in providing the ultimate source of energy to help you succeed.</p> <p style="text-align: center;"><b>It is our pleasure to serve you!</b></p>			<p>Cheeseburger on Bun Oven Roasted Potato Wedges or Honey Baked Beans or Chilled Pears Chocolate Chip Trail Mix Cookie Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>1</b></p>	<p>Fish Fillet on Bun Steamed NC Cabbage or Seasoned Black-Eyed Peas or Oven Roasted Local Sweet Potatoes Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>2</b></p>
<p>Spaghetti w/Meat Sauce &amp; Freshly Baked Wheat Roll Steamed Broccoli Florets or Brown Sugar Glazed Carrots or Garden Salad w/Low Fat Dressing Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>5</b></p>	<p>Chicken Nuggets w/Choice of Sauce &amp; Soft Wheat Roll Steamed Capri Vegetables or Creamed Potatoes or NC Mountain Grown Fuji Apple Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>6</b></p>	<p>Soft Taco w/All the Trimmings (Cheese, Lettuce, Tomato, Non-Fat Sour Cream, Salsa &amp; Taco Sauce) Seasoned Corn or Steamed California Vegetables or Chilled Pears Wild Blueberry Tart Choice of Low Fat Milk</p> <p style="text-align: right;"><b>7</b></p>	<p>Rotisserie-Style Chicken w/Freshly Baked Wheat Roll Spicy Sweet Potatoes or Seasoned Green Beans or Cauliflower &amp; Broccoli au Gratin Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>8</b></p>	<p>Chicken Breast Tenders w/Soft Wheat Roll Creamed Potatoes or Seasoned California Vegetables or Frosty Peach Cup Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>9</b></p>
<p><b>COLUMBUS DAY</b> FEDERAL HOLIDAY</p>  <p><b>NATIONAL SCHOOL LUNCH WEEK</b></p> <p style="text-align: right;"><b>12</b></p>	<p>Corn Puppies w/Choice of Sauce &amp; Macaroni &amp; Cheese Steamed Broccoli Florets or Cinnamon Applesauce or Garden Salad w/Low-Fat Dressing Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>13</b></p>	<p>Chicken Fillet on Bun w/Lettuce &amp; Tomato Roasted NC Kennebec Potatoes or Steamed Local Cabbage or Crisp Sugar Snap Peas &amp; Baby Carrots w/Low-Fat Dip Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>14</b></p>	<p>Roast Turkey w/Soft Wheat Roll &amp; Cranberry Sauce Orange Glazed Sweet Potatoes or Seasoned Green Beans or Hot Cinnamon Apples Gelatin w/Topping Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>15</b></p>	<p>Fish Nuggets w/Corn Muffin Steamed NC Cabbage or Crunchy Baby Carrots w/Low-Fat Dip or Oven Roasted Potatoes Crisp Fresh Bartlett Pear Slices Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>16</b></p>
<p>Rotini w/Meat Sauce &amp; Freshly Baked Wheat Roll Steamed Broccoli &amp; Cauliflower or Crisp Romaine &amp; Spinach Salad w/Low-Fat Dressing or Fresh California Navel Orange Wedges Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>19</b></p>	<p>Hearty Vegetarian Vegetable Soup Toasted Cheese Sandwich Chilled Pears or Crisp Apple Wedges or Frosty Peach Cup Oatmeal Raisin Cookie Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>20</b></p>	<p>Chili Dog on Bun Roasted New Potatoes or Cajun-Style Pinto Beans or Steamed NC Cabbage Cherry Cobbler Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>21</b></p>	<p>Barbeque or Rotisserie-Style Chicken w/Soft Wheat Roll Seasoned Green Beans or Parsley New Potatoes or Orange Glazed Carrots Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>22</b></p>	<p>Chicken Nuggets w/Choice of Sauce &amp; Freshly Baked Roll Creamed Potatoes or Seasoned Baby Peas or Fresh Orange Wedges Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>23</b></p>
<p><b>STAFF WORKDAY</b> STUDENT HOLIDAY</p>  <p style="text-align: right;"><b>26</b></p>	<p><b>PROFESSIONAL DEVELOPMENT DAY</b> STUDENT HOLIDAY</p>  <p style="text-align: right;"><b>27</b></p>	<p>Chicken Fried Rice Sautéed Fresh Zucchini &amp; Yellow Squash or Steamed Broccoli Florets or Mandarin Fruit Cup Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>28</b></p>	<p>Sloppy Joe on Bun or Toasted Cheese Sandwich w/Fruit Yogurt Barbeque Baked Beans or Steamed NC Cabbage or Seasoned Field Peas &amp; Snaps Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>29</b></p>	<p><b>HAPPY HALLOWEEN!</b> Cheese or Whole Grain Pepperoni Pizza Garden Salad w/Low-Fat Dressing or Seasoned Corn or Frosty Peach Cup Devil's Food Cake w/Frosting Choice of Low-Fat Milk</p> <p style="text-align: right;"><b>30</b></p>

*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.*

**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>See You on November 30!</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>See You on November 30!</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">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.</p>			