

CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • December 2008

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------|
| 1 French Toast Sticks Spicy Sausage Links Chilled Applesauce or Juice Choice of Low-Fat Milk | 2 Scrambled Egg Seasoned Grits Toast w/Jelly Choice of Juice Choice of Low-Fat Milk | 3 Freshly Baked Cinnamon Roll Choice of Cereal Chilled Applesauce Choice of Low-Fat Milk | 4 Cup of Chicken Noodle Soup Toasted Cheese Sandwich Chilled Pineapple Choice of Low-Fat Milk | 5 Bagel w/Cream Cheese Choice of Juice Choice of Low-Fat Milk |
| 8 Breakfast Pizza Choice of Fruit or Juice Choice of Low-Fat Milk | 9 Sausage Biscuit Hot Cinnamon Apples Choice of Low-Fat Milk | 10 Hot Oatmeal Cinnamon Toast Chilled Peaches Choice of Low-Fat Milk | 11 Fruit Yogurt Cinnamon Toast Chilled Pears Choice of Low-Fat Milk | 12 French Toast Sticks Spicy Sausage Links Petite Banana Choice of Low-Fat Milk |
| 15 Breakfast Bagel Choice of Juice or Fruit Choice of Low-Fat Milk | 16 Freshly Baked Blueberry Muffin Choice of Cereal Chilled Orange Juice Choice of Low-Fat Milk | 17 Ham & Cheese Biscuit Chilled Pineapple Choice of Low-Fat Milk | 18 Waffles Choice of Cereal Choice of Fruit or Juice Choice of Low-Fat Milk  | 19 Cheesy Breakfast Burrito Choice of Fruit Choice of Low-Fat Milk |
| 22 It's Here! LunchPrepay.com • Make meal payments on the Internet using your credit card • Check your child's meal balance • Get low-balance alerts by email • See what your child is buying | 23 | <i>Have A Happy, Healthy & Safe Winter Break!</i> | | |
| 29 LunchPrepay.com brings paying for school meals into the age of technology. Using the secure site to make your payments and monitor your student's account gives you the assurance of knowing where your money is going and how it is being spent. Using LunchPrepay.com will remove the stress that comes with making sure your student has cash for lunch. LunchPrepay.com is an easy, secure and convenient way to pay for school meals. * CLDS parents need to have their student's 10-digit ID number to register for services. This number can be provided by any CLDS school office or cafeteria. | 30 | 31 | <i>See you on January 5, 2009!</i>  | |
| | | <i>In addition to the central menu, a choice of whole grain cereal, toast, juice and milk is available daily.</i> | | |

CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • December 2008

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
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| 1 Chicken Nuggets w/Choice of Sauce & Freshly Baked Wheat Roll Seasoned New Potatoes or Capri Blend Vegetables or Fresh Orange Wedges Choice of Low-Fat Milk | 2 Cheeseburger on Bun w/Choice of Condiments Oven Roasted Potatoes or Cajun Pinto Beans or Carolina Slaw Gelatin w/Topping Choice of Low-Fat Milk | 3 Chicken Fried Rice Steamed Oriental Vegetables or Crunchy Carrot Sticks w/Low-Fat Dip Mandarin Fruit Cup Almond Cookie Choice of Low-Fat Milk | 4 Tacos w/All the Trimmings Seasoned Corn or Steamed Broccoli or Chilled Applesauce Frosty Peach Cup Choice of Low-Fat Milk | 5 Chili Dog on Bun or Toasted Cheese w/Fruit Yogurt California Blend Vegetables or Spicy Roasted Sweet Potatoes or Steamed Cabbage Chocolena Cake w/Frosting Choice of Low-Fat Milk |
| 8 Spaghetti w/Meat Sauce & Freshly Baked Garlic Stick Fresh Spinach & Romaine Salad w/Low-Fat Dressing or Seasoned Corn or Hot Cinnamon Apples Choice of Low-Fat Milk | 9 Chicken Fajita on Soft Tortilla w/All the Trimmings Oven Roasted Potatoes or Fresh NC Broccoli or Chilled Peaches Snickerdoodle Cookie Choice of Low-Fat Milk | 10 Pepperoni or Cheese Pizza Crisp Romaine Salad w/Low-Fat Dressing or Steamed Cauliflower & Carrots Chilled Pears Choice of Low-Fat Milk | 11 WINTER HOLIDAY DINNER! Roast Turkey w/Cornbread Stuffing, Cranberry Sauce & Snowflake Creamed Potatoes or Savory Green Beans or Seasoned Local Collard Greens or Orange Glazed Sweet Potatoes Strawberry Tart Choice of Low-Fat Milk  | 12 Corn Puppies w/Honey-Mustard Sauce Steamed Local Cabbage or Seasoned Black-Eyed Peas or Oven Roasted Potatoes Crisp NC Pink Lady Apple Choice of Low-Fat Milk |
| 15 Chicken Fritters w/Choice of Sauce & Soft Wheat Roll Creamed Potatoes or Cajun Pinto Beans or Fresh Orange Wedges Choice of Low-Fat Milk | 16 Pipin' Hot Chicken Noodle Soup w/Toasted Cheese Sandwich Crisp Baby Carrots w/Low-Fat Dip or Chilled Pineapple or Romaine Salad w/Choice of Low-Fat Dressing Oatmeal-Chocolate Chip Cookie Choice of Low-Fat Milk | 17 Sloppy Joe on Bun or Chicken Tetrazini Fresh Spinach Salad w/Low-Fat Dressing or Frosty Peach Cup or Oven Roasted Potatoes Choice of Low-Fat Milk | 18 Rotisserie-Style Chicken w/Soft Wheat Roll Seasoned Green Beans or Spicy Sweet Potatoes or Hot Cinnamon Apples Gelatin w/Topping Choice of Low-Fat Milk | 19 Pepperoni or Cheese Pizza Steamed Broccoli & Carrots or Seasoned Corn or Spicy Applesauce Choice of Low-Fat Milk |
| 22 | 23 | 24 | 25 | 26 |
| <i>Have A Happy, Healthy & Safe Winter Break!</i> | | | | |
| 29 | 30 | 31 |  | |
| | <i>See you on January 5, 2009!</i> | | | |