

CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • January 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Parents — Be Part of the Breakfast Equation!</p> <p>Rest assured. If your kids are hungry in the morning and don't have time to eat, we'll feed them. Milk and other nutritious foods are served at school breakfast. It's a winning equation:</p>	<p>Kids + Nutritious Breakfast Learning Benefits!</p>		<p>HAPPY NEW YEAR 1 FEDERAL HOLIDAY</p> 	<p>STUDENT HOLIDAY 2</p>
<p>5</p> <p>French Toast Sticks Spicy Sausage Links Chilled Applesauce or Juice Choice of Low-Fat Milk</p>	<p>6</p> <p>Scrambled Egg Seasoned Grits Toast w/Jelly Choice of Juice Choice of Low-Fat Milk</p>	<p>7</p> <p>Cup of Chicken Noodle Soup Toasted Cheese Sandwich Chilled Pineapple Choice of Low-Fat Milk</p>	<p>8</p> <p>Freshly Baked Cinnamon Roll Choice of Cereal Chilled Applesauce Choice of Low-Fat Milk</p> 	<p>9</p> <p>Bagel w/Cream Cheese Choice of Juice Choice of Low-Fat Milk</p>
<p>12</p> <p>Breakfast Pizza Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>13</p> <p>Sausage Biscuit Hot Cinnamon Apples Choice of Low-Fat Milk</p> 	<p>14</p> <p>Hot Oatmeal Cinnamon Toast Chilled Peaches Choice of Low-Fat Milk</p>	<p>15</p> <p>Fruit Yogurt Cinnamon Toast Choice of Low-Fat Milk</p>	<p>16</p> <p>Cheesy Breakfast Burrito Choice of Fruit Choice of Low-Fat Milk</p>
<p>DR. MARTIN LUTHER KING JR. DAY 19 FEDERAL HOLIDAY</p> 	<p>20</p> <p>Breakfast Bagel Choice of Juice or Fruit Choice of Low-Fat Milk</p>	<p>21</p> <p>Freshly Baked Blueberry Muffin Choice of Cereal Chilled Orange Juice Choice of Low-Fat Milk</p>	<p>22</p> <p>Ham & Cheese Biscuit Chilled Pineapple Choice of Low-Fat Milk</p>	<p>STUDENT HOLIDAY 23</p> 
<p>26</p> <p>Waffles Choice of Cereal Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>27</p> <p>Scrambled Egg Seasoned Grits Toast w/Jelly Choice of Juice Choice of Low-Fat Milk</p>	<p>28</p> <p>Breakfast Pizza Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>29</p> <p>Freshly Baked Cinnamon Roll Choice of Cereal Chilled Applesauce Choice of Low-Fat Milk</p>	<p>30</p> <p>French Toast Sticks Spicy Sausage Links Petite Banana Choice of Low-Fat Milk</p>
<p><i>In addition to the central menu, a choice of whole grain cereal, toast, juice and milk is available daily.</i></p>				

CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • January 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Families can apply for school meal benefits at any time during the school year. Have a change in income or family size? Contact 450-1732. We are here to serve you!</p>			<p>HAPPY NEW YEAR 1 FEDERAL HOLIDAY</p> 	<p>STUDENT HOLIDAY 2</p> 
<p>5</p> <p>Chicken Nuggets w/Choice of Sauce & Soft Wheat Roll Creamed Potatoes or Seasoned Green Beans or Steamed Carrots Choice of Low-Fat Milk</p>	<p>6</p> <p>Soft Tacos w/All the Trimmings Seasoned Corn or Oven Roasted Potatoes or Hot Cinnamon Apples Gelatin w/Topping Choice of Low-Fat Milk</p>	<p>7</p> <p>Pepperoni or Cheese Pizza Seasoned Baby Peas or Steamed Cauliflower & Broccoli or Garden Salad w/Low-Fat Dressing Frosty Peach Cup Choice of Low-Fat Milk</p>	<p>8</p> <p>Rotisserie-Style Chicken w/Freshly Baked Wheat Roll Seasoned Capri Blend Vegetables or Creamed Potatoes or Fresh Orange Wedges Choice of Low-Fat Milk</p>	<p>9</p> <p>Chili Dog on Bun or Baked Fish Fillet on Bun Oven Roasted Sweet Potatoes or Honey Baked Beans or Steamed Cabbage Choice of Low-Fat Milk</p>
<p>12</p> <p>Spaghetti w/Meat Sauce & Freshly Baked Garlic Bread Stick Steamed Broccoli or Seasoned Corn Spicy Applesauce Choice of Low-Fat Milk</p>	<p>13</p> <p>Hearty Vegetable Soup w/Ham & Cheese Sandwich Crunchy Baby Carrots or Baked Potato Wedges or Romaine & Spinach Salad w/Low-Fat Dressing Snickerdoodle Cookie Choice of Low-Fat Milk</p>	<p>14</p> <p>Cheeseburger w/Choice of Condiments Oven Baked Criss Cut Potatoes or Cajun Style Pinto Beans or Cara Cara Pink Navel Orange Apple Crisp Choice of Low-Fat Milk</p>	<p>15</p> <p>Roast Turkey w/Soft Wheat Roll Orange Glazed Sweet Potatoes or Seasoned Green Beans or Savory Corn Gelatin w/Topping Choice of Low-Fat Milk</p>	<p>16</p> <p>Corn Puppies w/Honey-Mustard Sauce Seasoned Black-Eyed Peas or Crisp Fresh Pear or Steamed Cabbage Choice of Low-Fat Milk</p>
<p>DR. MARTIN LUTHER KING JR. DAY 19 FEDERAL HOLIDAY</p> 	<p>20</p> <p>Chicken Nuggets w/Choice of Sauce & Soft Wheat Roll Steamed California Vegetables or Creamed Potatoes or Chilled Peaches Choice of Low-Fat Milk</p>	<p>21</p> <p>Cheesy Ravioli w/Freshly Baked Garlic Bread Garden Salad w/Low-Fat Dressing or Hot Cinnamon Apples or Fresh Orange Wedges Choice of Low-Fat Milk</p>	<p>22</p> <p>Chicken Breast Fritters w/Soft Wheat Roll Seasoned New Potatoes or Cajun Style Pinto Beans or Steamed Broccoli & Carrots Frosty Peach Cup Choice of Low-Fat Milk</p>	<p>STUDENT HOLIDAY 23</p> 
<p>26</p> <p>Chicken Fillet on Bun w/Choice of Condiments Spicy Baked Potatoes or Crunchy Baby Carrots w/Low-Fat Dip or Steamed Capri Blend Vegetables Chocolena Cake w/Frosting Choice of Low-Fat Milk</p>	<p>27</p> <p>Chicken Tetrizini or Sloppy Joe on Bun Fresh Steamed Green Beans or Spicy Applesauce or Oven Baked Potato Wedges Very Cherry Tart Choice of Low-Fat Milk</p>	<p>28</p> <p>Beef & Cheddar Nachos w/Salsa & Low-Fat Sour Cream Oven Roasted Potatoes or Romaine & Baby Spinach Salad w/Choice of Dressing or Seasoned Corn Choice of Low-Fat Milk</p>	<p>29</p> <p>Chicken Fried Rice Steamed Oriental Vegetables or Ginger Glazed Carrots or Mandarin Fruit Cup Almond Cookie Choice of Low-Fat Milk</p>	<p>30</p> <p>Pepperoni or Cheese Pizza Winter Green Salad w/Choice of Low-Fat Dressing or Steamed Broccoli & Cauliflower or California Navel Orange Choice of Low-Fat Milk</p>