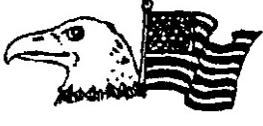


CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • November 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Breakfast Pizza Choice of Fruit or Juice Choice of Low-Fat Milk	ELECTION DAY Cheesy Breakfast Burrito Chilled Pears Choice of Low-Fat Milk	Hot Oatmeal w/Cinnamon Choice of Cereal Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk	Waffles Choice of Cereal Choice of Fruit Choice of Low-Fat Milk	Breakfast Bagel Choice of Juice Choice of Low-Fat Milk
10	11	12	13	14
NON-SCHOOL DAY FOR STAFF & STUDENTS 	VETERANS DAY FEDERAL HOLIDAY 	French Toast Sticks Spicy Sausage Links Chilled Applesauce Choice of Low-Fat Milk	Fruit Yogurt Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk	Ham Biscuit Choice of Juice Choice of Low-Fat Milk
17	18	19	20	21
Toasted Cheese Sandwich Choice of Juice Choice of Low-Fat Milk	Scrambled Egg Seasoned Grits Toast w/Jelly Fresh Orange Wedges Choice of Low-Fat Milk	Nutri-Grain Bar Choice of Cereal Sliced Peaches Choice of Low-Fat Milk	Breakfast Pizza Choice of Juice Choice of Low-Fat Milk 	Bagel w/Cream Cheese Choice of Juice Choice of Low-Fat Milk
24	25	26	27	28
Pancake & Sausage Roll-Up Chilled Pineapple Choice of Low-Fat Milk 	Freshly Baked Cinnamon Bun Choice of Cereal Choice of Fruit Choice of Low-Fat Milk	Have a Happy, Healthy & Safe Thanksgiving Holiday! 		
Go for the Green!  Include tasty collard greens in your diet — they're rich in vitamins A, C and E and are a great source of calcium and fiber. Often grown in the southern U.S., collard greens usually reach about two feet tall. However, a gardener in Waianae, Hawaii grew an 11-foot tall collard plant. Now, that's a lot of vitamins!			<ul style="list-style-type: none"> Write a letter to your parents to let them know you are thankful for your family and your home Enjoy a slice of cheddar cheese, a serving of steamed broccoli, or an orange today to meet your body's calcium needs Help set a special table for Thanksgiving dinner 	

CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • November 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3	4	5	6	7
Don't miss our "Pies to Go Promotion" this month! Just in time for the holidays! Contact your school for more information. Baked Fish Fillet on Bun or Corn Puppies w/Honey Mustard Sauce Steamed Local Cabbage or Roasted New Potatoes or Seasoned Black-Eyed Peas Choice of Low-Fat Milk	ELECTION DAY Chicken Fajita on a Soft Tortilla w/All the Trimmings Oven Roasted Potatoes or Cajun Pinto Beans or Chilled Peaches Snickerdoodle Cookie Choice of Low-Fat Milk	Cheesy Baked Lasagna w/Soft Wheat Roll Garden Salad w/Low-Fat Dressing or Steamed California Vegetables or Spicy Applesauce Choice of Low-Fat Milk	Tacos w/All the Trimmings Seasoned Corn or Fresh Steamed NC Broccoli Spicy Applesauce Very Berry Tart Choice of Low-Fat Milk	Chili Dog on Bun or Fish Fillet on Bun Oven-Baked NC Sweet Potatoes Honey Baked Beans or Steamed Local Cabbage Choice of Low-Fat Milk
10	11	12	13	14
NON-SCHOOL DAY FOR STAFF & STUDENTS 	VETERANS DAY FEDERAL HOLIDAY 	Cheeseburger on Bun Honey Baked Beans or Oven Roasted Potato Wedges or Fresh Orange & Apple Wedges Chocolate Chip Cookie Choice of Low-Fat Milk	Rotisserie-Style Chicken w/Freshly Baked Roll Cinnamon-Spiced Sweet Potatoes or Steamed Broccoli or Chilled Pears Choice of Low-Fat Milk	Chicken Nuggets w/Choice of Sauce & Soft Wheat Roll Steamed Broccoli & Cauliflower or Creamed Potatoes or Choice of Fruit Choice of Low-Fat Milk
17	18	19	20	21
Spaghetti w/Meat Sauce & Freshly Baked Bread Seasoned Green Beans or Hot Cinnamon Apples or Garden Salad w/Low-Fat Dressing Choice of Low-Fat Milk	Chicken Fried Rice Steamed Oriental Vegetables or Mandarin Fruit Cup or Vegetable Egg Roll w/Sweet & Sour Sauce Almond Cookie Choice of Low-Fat Milk	Corn Puppies w/Honey Mustard Sauce Oven Roasted New Potatoes or Garden Salad w/Low-Fat Dressing or Black-Eyed Peas Cara Cara Pink Navel Oranges Choice of Low-Fat Milk	HAPPY THANKSGIVING! Roast Turkey w/Cornbread Stuffing & Cranberry Sauce Creamed Potatoes or Seasoned Green Beans or Fresh Local Greens or Harvest Corn Freshly Baked Sweet Potato Spice Tart Choice of Low-Fat Milk	Chicken Fillet on Bun w/Lettuce & Tomato Oven Roasted Yukon Gold Potatoes Honey Baked Beans or Chilled Peaches Choice of Low-Fat Milk
24	25	26	27	28
Beef & Cheddar Nachos w/Salsa & Low-Fat Sour Cream Oven Roasted New Potatoes Garden Salad w/Low-Fat Dressing or Choice of Fresh Fruit Choice of Low-Fat Milk	Pepperoni or Cheese Pizza Steamed Broccoli & Carrots or Fresh Spinach & Romaine Salad or Spicy Applesauce or Choice of Low-Fat Milk	Have a Happy, Healthy & Safe Thanksgiving Holiday! 		
With cooler weather on the agenda, it's time for the fall harvest of local vegetables. Look for local sweet potatoes, broccoli, cabbage and greens to grace our menu. A recently discovered favorite, U.S.-grown Cara Cara Pink Navel Oranges will also be back this month.	Families can apply for school meal benefits at any time during the school year. Have a change in income or size in family? Contact us at 450-1732. We are here to serve you!	Our USDA Fresh Fruit and Vegetable Program Schools, TT-1, TT-2 and Johnson Primary, can look forward to a variety of fresh citrus fruits, apples, fall vegetables and pomegranates this month! 		