

CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • October 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>LunchPrepay.com Facts:</p> <ul style="list-style-type: none"> • Quick and easy access to you child's account 24/7 • Ability to pay for multiple children's accounts with one single payment • Ability to see 45 calendar days of purchases and payments • Automated notification, via e-mail, when your child's account falls below an amount you have set • Simple and affordable, 5% per payment transaction fee; annual access fee waived for Camp Lejeune parents • For more information, go to www.lunchprepay.com or call the Child Nutrition Central Office at 450-1732 		1	2	3
		<p>Scrambled Egg Seasoned Grits Toast w/Jelly Choice of Juice Choice of Low-Fat Milk</p>	<p>Freshly Baked Muffin Choice of Cereal Chilled Peaches Choice of Low-Fat Milk</p>	<p>French Toast Sticks Spicy Sausage Links Hot Cinnamon Apples Choice of Low-Fat Milk</p>
6	7	8	9	10
<p>Waffles Choice of Cereal Choice of Fruit Choice of Low-Fat Milk</p>	<p>Toasted Cheese Sandwich Choice of Juice Choice of Low-Fat Milk</p>	<p>Breakfast Pizza Choice of Juice Choice of Low-Fat Milk</p>	<p>Freshly Baked Cinnamon Bun Choice of Cereal Choice of Fruit Choice of Low-Fat Milk</p>	<p>Cheesy Breakfast Burrito Chilled Pears Choice of Low-Fat Milk</p>
13	14	15	16	17
<p>COLUMBUS DAY FEDERAL HOLIDAY</p>	<p>Bagel w/Cream Cheese Choice of Juice Choice of Low-Fat Milk</p>	<p>Breakfast Bagel Choice of Juice Choice of Low-Fat Milk</p>	<p>Fruit Yogurt Cinnamon Toast Sliced Peaches Choice of Low-Fat Milk</p>	<p>French Toast Sticks Spicy Sausage Links Chilled Applesauce Choice of Low-Fat Milk</p>
20	21	22	23	24
<p>Toasted Cheese Sandwich Chilled Peaches Choice of Low-Fat Milk</p>	<p>Scrambled Egg Seasoned Grits Toast w/Jelly Fresh Orange Wedges Choice of Low-Fat Milk</p>	<p>Hot Oatmeal w/Cinnamon Choice of Cereal Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>Ham Biscuit Choice of Juice Choice of Low-Fat Milk</p>	<p>Pancake & Sausage Roll-Up Chilled Pineapple Choice of Low-Fat Milk</p>
27	28	29	30	31
<p>STAFF WORK DAY STUDENT HOLIDAY</p>	<p>STAFF WORK DAY STUDENT HOLIDAY</p>	<p>French Toast Sticks Choice of Cereal Chilled Pears Choice of Low-Fat Milk</p>	<p>Fruit Yogurt Cinnamon Toast Choice of Fruit or Juice Choice of Low-Fat Milk</p>	<p>HAPPY HALLOWEEN! BOO! Berry Muffin Choice of Cereal Sliced Peaches Choice of Low-Fat Milk <i>Daylight Savings Time Ends Nov. 2</i></p>

CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • October 2008

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>CLDS INTRODUCES LunchPrepay.com</p> <ul style="list-style-type: none"> • Make meal payments on the Internet using your credit card • Check you child's meal balance • Get low balance alerts by e-mail • See what your child is buying <p>LunchPrepay.com brings school lunch 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 lunch.</p>		1	2	3
		<p>Chicken Nuggets w/Choice of Sauce & Soft Wheat Roll Steamed Broccoli & Cauliflower or Creamed Potatoes or Choice of Fruit Choice of Low-Fat Milk</p>	<p>Beef & Cheddar Nachos w/Salsa & Low-Fat Sour Cream Seasoned Corn or Garden Salad w/Low-Fat Dressing or Chilled Pears Choice of Low-Fat Milk</p>	<p>Chili Dog on Bun or Fish Fillet on Bun Oven Baked Potatoes or Honey Baked Beans or Steamed Local Cabbage Choice of Low-Fat Milk</p>
6	7	8	9	10
<p>First Day of the Fresh Fruit and Vegetable Program at Tarawa Terrace I Primary!</p> <p>Spaghetti w/Meat Sauce & Freshly Baked Wheat Bread Seasoned Green Beans or Hot Cinnamon Apples or Garden Salad w/Low-Fat Dressing Choice of Low-Fat Milk</p>	<p>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</p>	<p>Cheesy Macaroni & Cheese w/Ham Slice Garden Salad w/Low-Fat Dressing or Steamed California Vegetables or Spicy Applesauce Choice of Low-Fat Milk</p>	<p>Rotisserie-Style Chicken w/Freshly Baked Roll Cinnamon-Spiced Sweet Potato Sticks or Steamed Broccoli or Chilled Pears Choice of Low-Fat Milk</p>	<p>Pepperoni or Cheese Pizza Garden Salad w/Low-Fat Dressing or Seasoned Corn or NC Mountain Gala Apple Choice of Low-Fat Milk</p>
13	14	15	16	17
<p>COLUMBUS DAY FEDERAL HOLIDAY</p>	<p>Chicken Fillet on Bun w/Lettuce & Tomato Baked Waffle-Cut Potatoes or Honey Baked Beans or Chilled Peaches Choice of Low-Fat Milk</p>	<p>Tacos w/All the Trimmings Seasoned Corn or Steamed Broccoli or Spicy Applesauce Very Berry Tart Choice of Low-Fat Milk</p>	<p>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</p>	<p>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</p>
20	21	22	23	24
<p>Chicken Breast Fritters w/Soft Wheat Roll Spicy Baked Sweet Potatoes or Seasoned Baby Peas or Chilled Pears Choice of Low-Fat Milk</p>	<p>Pippin' Hot Chicken Noodle Soup w/Deli Ham & Cheese Sub Oven Baked Potatoes or Fresh Orange Wedges or Crisp Vegetable Relishes Fruit Gelatin w/Topping Choice of Low-Fat Milk</p>	<p>Cheeseburger on Bun Honey Baked Beans or Oven Roasted Potato Wedges or Blushing Nectarine Chocolate Chip Cookie Choice of Low-Fat Milk</p>	<p>Seasoned Baked Chicken w/Soft Wheat Roll Creamed Potatoes or Fresh Local Greens Seasoned Corn Choice of Low-Fat Milk</p>	<p>Chicken Fajita on a Soft Tortilla w/All the Trimmings Fall Glo Tangerine or Oven Baked Potatoes or Steamed Broccoli & Cauliflower Choice of Low-Fat Milk</p>
27	28	29	30	31
<p>STAFF WORK DAY STUDENT HOLIDAY</p>	<p>STAFF WORK DAY STUDENT HOLIDAY</p>	<p>Chicken Nuggets w/Choice of Sauce & Freshly Baked Bread Creamed Potatoes or Seasoned Green Beans or Chilled Peaches Choice of Low-Fat Milk</p>	<p>Ravioli w/Meat Sauce & Freshly Baked Garlic Bread Garden Salad w/Low-Fat Dressing or Fresh Orange Wedges or Seasoned Corn Choice of Low-Fat Milk</p>	<p>HAPPY HALLOWEEN! Pepperoni or Cheese Pizza Steamed Broccoli & Carrots or Fresh Spinach & Romaine Salad or Spicy Applesauce or Choice of Low-Fat Milk <i>Daylight Savings Time Ends Nov. 2</i></p>