

QUANTICO SCHOOLS CAFETERIA LUNCH MENU

NOVEMBER 9, 2009 TO DECEMBER 18, 2009

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|--|
| 9 Hamburger on Bun French Fries Peas Blueberry Crisp Assorted Milk | 10 Hot Dog with Bun Potato Rounds Mixed Vegetables Brownies Assorted Milk | 11 VETERAN'S DAY NO SCHOOL | 12 Baked Lasagna Garlic Bread Tossed Salad Peas and Carrots Strawberry Shortcake Assorted Milk | 13 Oven Fried Chicken Mashed Potatoes with Gravy Hot Roll Diced Peaches Assorted Milk |
| 16 Grilled Ham and Cheese Sandwich Chicken Veg-Noodle Soup Mixed Vegetables Diced Pears Assorted Milk | 17 Chicken Nuggets Mashed Potatoes with Gravy Carrot Sticks Chocolate Chip Cookie Assorted Milk | 18 Pancakes with Maple Syrup Sausage Patty Assorted Juice Sliced Peaches Assorted Milk | 19 Turkey with Stuffing Mashed Potatoes and Gravy Buttered Corn/Hot Roll Cranberry Sauce Sweet Potato Pie Assorted Milk | 20 Spaghetti with Meat Sauce Garlic Bread Broccoli Baked Apples Assorted Milk |
| 23 Hot Dog with Bun Baked Beans Corn Sliced Apples Assorted Milk | 24 Cheese Pizza Potato Wedges Tossed Salad Coconut Macaroons Assorted Milk | 25 THANKSGIVING | 26 HOLIDAY | 27 NO SCHOOL |
| 30 Cheeseburger with Bun Potato Wedges Peas and Carrots Blueberry Muffin Cake Assorted Milk | 01 Spaghetti with Meat Sauce Garlic Bread Green Beans Fruit Cocktail Sugar Cookie Assorted Milk | 02 Chicken Tenders Chicken Veg-Noodle Soup Mixed Vegetables Chocolate Chip Cookies Assorted Milk | 03 Twin Tacos Lettuce, Tomato, and Cheese Buttered Corn Mexican Wedding Cookie Assorted Milk | 04 Pepperoni Pizza Tossed Salad Pineapple Cup Chocolate Pudding Assorted Milk |
| 07 Chicken Nuggets Mashed Potatoes with Gravy Corn Fruit Cocktail Assorted Milk | 08 Crispy Fish Filets French Fries Green Beans Peach Cups Assorted Milk | 09 Hot Dog with Bun French Fries Peas and Carrots Oatmeal-Raisin Cookie Assorted Milk | 10 BBQ Chicken Mashed Potatoes with Gravy Green Peas Apple or Cherry Crisp Assorted Milk | 11 Cheese Pizza French Fries Sliced Carrots Chocolate Chip Cookie Assorted Milk |
| 14 Hamburger with Bun French Fries Mixed Vegetables Cherry Crisp Assorted Milk | 15 Spaghetti with meat Sauce Garlic Bread Tossed Salad Sugar Cookies Assorted Milk | 16 Taco Pizza French Fries Peas and Carrots Diced Pears Assorted Milk | 17 Oven Fried Chicken Mashed Potatoes with Gravy Green Beans Sliced Peaches Assorted Milk | 18 Hot Dog with Bun Baked Beans Celery and Carrot Sticks Jello Assorted Milk |

**PARENT'S, PLEASE JOIN US FOR OUR ANNUAL THANKSGIVING DINNER ON THE
19TH OF NOVEMBER. PLEASE CALL YOUR CAFETERIA TO LET THEM KNOW YOU
ARE GOING TO JOIN US.**

QUANTICO SCHOOLS CAFETERIA BREAKFAST MENU

NOVEMBER 09, 2009 TO DECEMBER 18, 2009

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|--|---|--|---|
| 09 Fresh Fruit Assorted Cereal Toast Assorted Milk | 10 Assorted Juice Sausage Biscuit Assorted Milk | 11 VETERAN'S DAY NO SCHOOL | 12 Assorted Juices Assorted Cereal Toast Assorted Milk | 13 Fresh Fruit Scrambled Eggs Buttered Toast Assorted Milk |
| 16 Assorted Fresh Fruit Assorted Cereal Buttered Toast Assorted Milk | 17 Assorted Juices Sausage wrapped in a Pancake Assorted Milk | 18 Assorted Juices Bacon and Cheese Biscuit Buttered Toast | 19 Fresh Fruit Toasted Bagel | 20 Fresh Fruit Scrambled Eggs Buttered Toast |
| 23 Assorted Juices Assorted Cereal Buttered Toast Assorted Milk | 24 Assorted Juices Sausage Biscuit Assorted Milk | 25 THANKSGIVING | 26 HOLIDAY | 27 NO SCHOOL |
| 30 Fresh Fruit Assorted Cereal Buttered Toast Assorted Milk | 01 Assorted Juices Sausage Wrapped in a Pancake Assorted Milk | 02 Fresh Fruit Bacon and Cheese Biscuit Assorted Milk | 03 Assorted Juices Pancakes with Maple Syrup Assorted Milk | 04 Fresh Fruit French Toast Sticks Assorted Milk |
| 07 Assorted Fruit Juice Assorted Cereal Buttered Toast Assorted Milk | 08 Fresh Fruit Hot Oatmeal Assorted Milk | 09 Assorted Juices Sausage Biscuit Assorted Milk | 10 Fresh Fruit Pancakes with Maple Syrup Assorted Milk | 11 Assorted Juices Scrambled Eggs Bacon Slice Assorted Milk |
| 14 Fresh Fruit Assorted Cereal Buttered Toast Assorted Milk | 15 Assorted Juices Bacon and Cheese Biscuit Assorted Milk | 16 Fresh Fruit French Toast Sticks Assorted Milk | 17 Assorted Juices Sausage Wrapped in a Pancake Assorted Milk | 18 Fresh Fruit Scramble Eggs Buttered Toast Assorted Milk |

ADULT LUNCH MENU
NOVEMBER 09, 2009 TO DECEMBER 18, 2009

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--|---------------------------------|--|--|---|
| 09 Chef Salad | 10 Cobb Salad | 11 VETERAN'S DAY NO SCHOOL | 12 Salad with Lasagna | 13 Fresh Salad with piece of Chicken |
| 16 Salad with bowl of Chicken Veg- Noodle Soup | 17 BLT Salad | 18 Spinach, Bacon and Cheese Salad | 19 Thanksgiving Dinner | 20 Club Sandwich |
| 23 Tuna Salad | 24 Salad with Ham and Cheese | 25 THANKSGIVING | 26 HOLIDAY | 27 NO SCHOOL |
| 30 Chicken Fajita Salad | 01 BLT Salad | 02 Salad with Chicken Tenders | 03 Taco Salad | 04 Chef Salad |
| 07 Sliced Turkey and Cheese on Garden Salad | 08 Cobb Salad | 09 Egg Salad on Garden Greens | 10 Ham Salad on Garden Greens with Chicken on the side | 11 BLT Sandwich with Chips |
| 14 Spinach and Bacon Salad | 15 Club Salad | 16 Taco Salad | 17 Caesar Salad with Croutons and a piece of Chicken | 18 Chef Salad |