

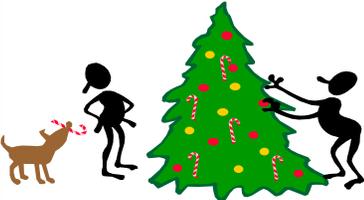
# FORT RUCKER DEPENDENTS SCHOOLS

## BREAKFAST MENU \*

DECEMBER 2008

\*Menu subject to change without notice.

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
				
1	2	3	4	5
Cereal Cinnamon Rolls Juice Milk	Pancake Pup Fruit Syrup Juice Milk	Scrambled Eggs Canadian Bacon Biscuit Juice Milk	French Toast Syrup Fruit Juice Milk	Pancakes Sausage Link Syrup Juice Milk
8	9	10	11	12
Cereal Cinnamon Rolls Juice Milk	Pancake Pup Fruit Syrup Juice Milk	Scrambled Eggs Canadian Bacon Biscuit Juice Milk	Breakfast Pizza Fruit Juice Milk	Waffles Sausage Link Syrup Juice Milk
15	16	17	18	19
Cereal Cinnamon Rolls Juice Milk	Pancake Pup Fruit Syrup Juice Milk	Scrambled Eggs Canadian Bacon Biscuit Juice Milk	Breakfast Pizza Fruit Juice Milk	Waffles Sausage Link Syrup Juice Milk
22	23	24	25	26
		<b>WINTER HOLIDAYS</b>		

**FORT RUCKER DEPENDENTS SCHOOLS**

**LUNCH MENU \***

\*Menu subject to change without notice.

**DECEMBER 2008**

**ELEMENTARY SCHOOL**

Monday	Tuesday	Wednesday	Thursday	Friday
				
<p align="center"><b>Holiday Meal for the Elementary School will be on December 11th. Holiday Meal for the Primary School will be on December 9th.</b></p>				
1	2	3	4	5
Milk Popcorn Chicken Steamed Rice w/ Gravy Oriental Blend Vegetables Assorted Fruit  <p align="center"><b>Chef Salad Bar</b></p>	Milk Hamburger / Cheeseburger Lettuce / Tomato / Pickles Freedom Fries Assorted Fruit Brownies  <p align="center"><b>Burrito Salad Bar</b></p>	Milk BBQ Pork Sandwich Coleslaw Baked Beans Potato Chips Assorted Fruit  <p align="center"><b>Breakfast Bar</b></p>	Milk Taco Salad Refried Beans Lettuce / Tomatoes Assorted Fruit Churro  <p align="center"><b>Soup and Sandwich Bar</b></p>	Milk Cheese or Pepperoni Pizza Field Peas with Snaps Buttered Pasta Assorted Fruit  <p align="center"><b>Manager's Choice</b></p>
8	9	10	11	12
Milk Pizza Sticks Purple Hull Peas Macaroni & Cheese Assorted Fruit M & M Cookie  <p align="center"><b>Italian Salad Bar</b></p>	Milk Hot Dog / Chili Dog Sauerkraut Freedom Fries Assorted Fruit  <p align="center"><b>Soup and Sandwich Bar</b></p>	Milk Sub Sandwich Lettuce / Tomato / Pickles Creamed Corn Assorted Fruit  <p align="center"><b>Italian Salad Bar</b></p>	Milk Turkey with Gravy Cornbread Dressing Cranberry Sauce / Green Beans Mashed Potatoes with Gravy Rolls / Fruit Salad Cake with Fruit Topping  <p align="center"><b>Manager's Choice</b></p>	Milk Cheese or Pepperoni Pizza Macaroni & Cheese Mixed Vegetables Assorted Fruit  <p align="center"><b>Manager's Choice</b></p>
15	16	17	18	19
Milk Spaghetti w/ meat sauce Carrots Garden Salad Assorted Fruit Garlic Breadsticks  <p align="center"><b>Deli Bar</b></p>	Milk Fish Sticks W / Freedom Fries Hushpuppies Pork n' Beans Assorted Fruit Jello  <p align="center"><b>Baked Potato Bar</b></p>	Milk Pork Roast Mashed Potatoes with Gravy Mixed Vegetables Assorted Fruit Rolls  <p align="center"><b>Breakfast Bar</b></p>	Milk Beef Nachos w/ Cheese Black Beans Mexican Rice Salsa Assorted Fruit  <p align="center"><b>Soup and Sandwich Bar</b></p>	Milk Cheese or Pepperoni Pizza Italian Green Beans Buttered Pasta Assorted Fruit Vanilla Wafers  <p align="center"><b>Manager's Choice</b></p>
22	23	24	25	26
<p><b>MERRY</b></p>   <p align="right"><b>CHRISTMAS</b></p>				



Milk is available at all meals. All milk is 1% fat or less.



Applications to apply for free and reduced meals are available by contacting the cafeteria manager at your school.

**Each meal will offer a choice of vegetables as well as fruit.**

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