



**FORT RUCKER DEPENDENTS SCHOOLS**

**BREAKFAST MENU \***

**OCTOBER 2009**

\*Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b>	<b>2</b>
			Breakfast Pizza Fruit Juice Milk	Waffle Sticks Sausage Link Syrup Juice Milk
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Cereal Cheese Toast Juice Milk	Pancake Pup Syrup or Jelly Fruit Juice Milk	Scrambled Eggs Chicken Biscuit Hashbrowns Juice Milk	French Toast Sticks Syrup Fruit Juice Milk	Pancakes Sausage Link Syrup Juice Milk
<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>COLUMBUS DAY</b>	<b>FALL BREAK</b>		<b>FALL BREAK</b>	<b>FALL BREAK</b>
<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>
Cereal Cinnamon Toast Juice Milk	Pancake Pup Syrup or Jelly Fruit Juice Milk	Scrambled Eggs Chicken Biscuit Hashbrowns Juice Milk	Breakfast Pizza Fruit Juice Milk	Waffle Sticks Sausage Link Syrup Juice Milk
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Cereal Cheese Toast Juice Milk	Pancake Pup Syrup or Jelly Fruit Juice Milk	Scrambled Eggs Chicken Biscuit Hashbrowns Juice Milk	French Toast Sticks Syrup Fruit Juice Milk	Pancakes Sausage Link Syrup Juice Milk

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD).