



**FORT RUCKER DEPENDENTS SCHOOLS**

**LUNCH MENU \***

**OCTOBER 2009**

\*Menu subject to change without notice.

Elementary

Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1-Hispanic Heritage Meal</b>	<b>2</b>
			Milk Taco Salad Burritos Salsa Mexicali Corn / Refried Beans Lettuce / Tomato Assorted Fruit Chocolate Muffins	Cheese or Pepperoni Pizza Mixed Vegetables Buttered Pasta Assorted Fruit  <b>Tuna / Fish Salad Bar</b>
<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>	<b>9</b>
Milk Pizza Sticks w/ Marinara Sauce Seasoned Green Beans Macaroni & Cheese Garden Salad Fruit  <b>Deli Bar</b>	Milk Sub Sandwich Onion Rings Pork n Beans Lettuce / Tomato / Pickle Assorted Fruit  <b>Italian Salad Bar</b>	Milk Chicken w/ Noodles Sweet Green Peas Fried Okra Assorted Fruit Rolls Cake w/ Strawberry Glaze  <b>Baked Potato Bar</b>	Milk Beef Nachos /w Cheese Spanish Rice Lettuce / Tomato Assorted Fruit Trail Mix  <b>Soup &amp; Sandwich Salad Bar</b>	Milk Cheese or Pepperoni Pizza Field Peas w/ Snaps Macaroni & Cheese Jello w/ Fruit Ice Cream Cone Cupcake  <b>Manager's Choice</b>
<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>
Milk Chicken Nuggets Steamed Rice w/ Gravy Mixed Vegetables Jello w/ Fruit Breadstick  <b>Deli Bar</b>	Milk Corn Dogs Freedom Fries Field Peas w/ Snaps Garden Salad Assorted Fruit  <b>Italian Salad Bar</b>	Milk Baked Chicken Mashed Potatoes / Gravy Turnip Greens Cornbread Assorted Fruit M&M Cookie  <b>Baked Potato Bar</b>	Milk Taco Salad Lettuce / Tomato Whole Kernel Corn Assorted Fruit Salsa  <b>Soup &amp; Sandwich Salad Bar</b>	Milk Cheese or Pepperoni Pizza Seasoned Green Beans Buttered Pasta Assorted Fruit Brownie  <b>Tuna / Fish Salad Bar</b>
<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>
Milk Scrambled Eggs Sausage Links Hashbrowns Cheese Grits Assorted Fruit Biscuits  <b>Deli Bar</b>	Milk Hamburgers / Cheeseburgers Freedom Fries Sweet Green Peas Bread Assorted Fruit  <b>Italian Salad Bar</b>	Milk Chicken Fried Rice Whole Kernel Corn Assorted Fruit Fried Okra Dinner Roll Cake w/ Blueberries  <b>Baked Potato Bar</b>	Milk Beef Nachos /w Cheese Refried Beans Mixed Vegetables Salsa Assorted Fruit  <b>Soup &amp; Sandwich Salad Bar</b>	Milk Brains w/Eyeballs (Spaghetti w/MB) Mummy Teeth (Whole Kernel Corn) Pumpkin Leaves (Garden Salad) Halloween Slime (Jello) Breadstick Assorted Fruit Halloween Cupcake  <b>Manager's Choice</b>



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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