
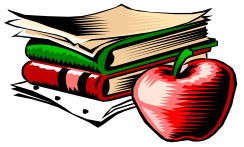


## FORT RUCKER DEPENDENTS SCHOOLS

### BREAKFAST MENU \*

**AUGUST 2009**

\*Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
			 <b>OPEN HOUSE</b>	Belgium Waffle Sticks Syrup or Jelly Sausage Link Juice Milk
10	11	12	13	14
Cereal Cheese Toast Juice Milk	Pancake Pup Fruit Syrup Juice Milk	Mini Chicken Pattie Burger Hashbrown Juice Milk	Breakfast Pizza Fruit Juice Milk	Blueberry Pancakes Syrup or Jelly Sausage Link Juice Milk
17	18	19	20	21
Cereal Toast and Jelly Juice Milk	Pancake Pup Fruit Syrup Juice Milk	French Toast Syrup Applesauce Juice Milk	Breakfast Pizza Fruit Juice Milk	Belgium Waffle Sticks Syrup or Jelly Sausage Link Juice Milk
24	25	26	27	28
Cereal Cheese Toast Juice Milk	Pancake Pup Fruit Syrup Juice Milk	Mini Beef Steak Burger Hashbrown Juice Milk	Breakfast Pizza Fruit Juice Milk	Blueberry Pancakes Syrup or Jelly Sausage Link Juice Milk
31				
Cereal Toast and Jelly Juice Milk				



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.