


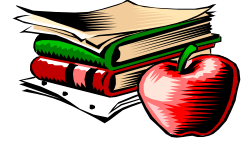
FORT RUCKER DEPENDENTS SCHOOLS

LUNCH MENU *

AUGUST 2009

*Menu subject to change without notice.

Primary

Monday 3	Tuesday 4	Wednesday 5	Thursday 6	Friday 7	
			 OPEN HOUSE 4:30-5:30		Milk Cheese or Pepperoni Pizza Sweet Green Peas Buttered Pasta Fruit
10	11	12	13	14	
Milk Hamburgers / Cheeseburgers BBQ Pork Riblets Freedom Fries Lettuce / Tomatoes / Pickles Jello w/ Fruit	Milk Fish Sticks Chicken Nuggets Pork n' Beans Fruit Bread Yellow Cake	Milk Hot Dogs / Chili Dogs Deli Turkey & Cheese Sandwich Potato Salad Fruit Pretzels	Milk Taco Salad Grilled Cheese Sandwich Lettuce / Tomato / Cheese Whole Kernel Corn Apple Cobbler	Milk Cheese or Pepperoni Pizza Ocean Treats Bread Seasoned Green Beans Fruit Brownie	
17	18	19	20	21	
Milk Corn Dogs Pizza Sticks w/ Marinara Sauce Freedom Fries Carrot & Celery Sticks Fruit	Milk Spaghetti & Meatsauce Beef Steak Nuggets Garden Salad Sweet Green Peas Garlic Bread Fruit	Milk Baked Chicken Hot Turkey Sandwich Mashed Potatoes/Gravy Field Peas w/ Snaps Fruit Fresh Baked Rolls	Milk Beef Nachos / w Cheese Peanut Butter & Jelly Sandwich Seasoned Green Beans Salsa Fruit Chocolate cake w/Sprinkles	Milk Cheese or Pepperoni Pizza Tuna Salad Crackers Lettuce / Tomato Macaroni & Cheese Fruit	
24	25	26	27	28	
Milk Chicken Salad Sandwich Waffles & Sausage Freedom Fries Fruit Jello	Milk Hot Dogs Peanut Butter & Jelly Sandwich Baked Potato w/ Cheese Italian Green Beans Fruit Bread	Milk Hamburgers Chicken Fajitas Macaroni & Cheese Lettuce / Tomatoes / Pickles Fruit Cookie	Milk Chicken Nuggets BBQ Beef on Bun Purple Hull Peas Buttered Steamed Rice Fruit Bread	Milk Cheese or Pepperoni Pizza Tuna Melt Carrot & Celery Sticks Fruit Poppy Seed Muffin	
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Milk Baked Chicken Peanut Butter & Jelly Sandwich Baked Beans Freedom Fries Fruit Rolls					



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.

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