

FORT RUCKER DEPENDENTS SCHOOLS

LUNCH MENU *

JANUARY 2009

*Menu subject to change without notice.

Primary

Monday	Tuesday	Wednesday	Thursday	Friday
			1  HAPPY NEW YEAR	2
5	6	7	8	9
 TEACHER WORK DAY	Milk BBQ Pork Riblets Grilled Ham & Cheese Blackeyed Peas Oven Fries Fruit Bread	Milk Baked Chicken Ham Steaks Steamed Rice w/ Gravy Sweet Green Peas Fruit Fresh Baked Rolls	Milk Beef Steak Nuggets / Bread Peanut Butter & Jelly Sandwich Whole Kernel Corn Fruit Fresh Baked Cookie	Milk Cheese or Pepperoni Pizza Fish Nuggets / Bread Garden Salad Macaroni and Cheese Fruit
12	13	14	15	16
Milk Hamburgers / Cheeseburgers Waffles and Sausage Tater Tots Lettuce / Tomato / Pickle Fruit	Milk Chicken Nuggets / Bread Chili w/ Beans / Crackers Macaroni & Cheese Garden Salad Fruit Apple Pie	Milk Spaghetti & Meatsauce Pork Fried Rice Tossed Green Salad Bread Sticks Fruit	Milk Taco Salad Grilled Ham & Cheese Seasoned Green Beans Lettuce & Tomato Fruit Brownies	Milk Cheese or Pepperoni Pizza Tuna Melt Blackeyed Peas Fruit Animal Crackers
19	20	21	22	23
MARTIN LUTHER KING DAY	Milk Baked Chicken Drumsticks Hot Dogs Oven Fries Fruit Bread Chocolate Pudding	Milk Ham & Cheese Sandwich Chicken and Noodles Steamed Broccoli Fruit Potato Chips	Milk Beef Nachos w/ Cheese Peanut Butter & Jelly Sandwich Whole Kernel Corn Spanish Rice Fruit Rice Krispie Treat	Milk Cheese or Pepperoni Pizza Deli Turkey & Cheese Sandwich Italian Beans Buttered Pasta Fruit
26	27	28	29	30
Milk Corn Dogs Deli Turkey & Cheese Sandwich Oven Fries Pork 'n Beans Fruit	Milk Pizza Sticks w/ Marinara Sauce Chicken Pot Pie Macaroni & Cheese Tossed Green Salad Fruit Cookie	Milk Chicken Nuggets Lasagna Bread Purple Hull Peas Fruit Jello	Milk Beef Nachos w/ Cheese Chicken Salad Sandwich Refried Beans Fruit Brownies	Milk Cheese or Pepperoni Pizza Peanut Butter & Jelly Sandwich Garden Salad Macaroni and Cheese Fruit



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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