

**FORT RUCKER DEPENDENTS SCHOOLS**

**LUNCH MENU \***

**NOVEMBER 2008**

\*Menu subject to change without notice.

**Primary**

Monday	Tuesday	Wednesday	Thursday	Friday
				
3	4	5	6	7
Milk Chicken Tenders / Bread Pizza Sticks Freedom Fries Baked Beans Fruit	Milk Hamburgers / Cheeseburgers Beef-A-Roni Lettuce / Tomato / Pickle Whole Kernel Corn Election Day Cake Breadstick	Milk BBQ Chicken Peanut Butter & Jelly Sandwich Mashed Potatoes / Gravy Sweet Green Peas Fruit Dinner Rolls	Milk Corn Dog Pork Fried Rice Mixed Vegetables Rolls Fruit Jello	Milk Cheese or Pepperoni Pizza Ocean Treats / Bread Garden Salad Fruit Animal Crackers
10	11	12	13	14
Milk Hotdog / Chilidog Chicken & Noodles Freedom Fries Fruit Vanilla Wafers Bread	<b>Veterans' Day Holiday</b>	Milk Spaghetti w/ Meat Balls Turkey & Cheese Sandwich Garden Salad Fruit Breadstick Brownie	Milk Baked Ham Oven Fried Chicken Steamed Rice w/ Gravy Seasoned Green Beans Fruit Biscuit	Milk Cheese or Pepperoni Pizza Tuna Melt on a Bun Carrot / Celery Sticks Macaroni & Cheese Fruit
17	18	19	20	21
Milk Chicken Nuggets / Bread BBQ Pork Sandwich Potato Rounds Baked Beans Fruit	Milk Pizza Sticks Ocean Treats / Bread Buttered Pasta Tossed Salad Fruit Salsa	Milk Thanksgiving Pot Roast Salisbury Steak Mashed Potatoes / Gravy Seasoned Green Beans Cranberry Sauce Fruit Wheat Bread	Milk Beef Nachos w/ Cheese Chicken Nuggets / Bread Garden Salad Whole Kernel Corn Fruit Salsa	Milk Cheese or Pepperoni Pizza Chicken Salad Sandwich Buttered Pasta Mixed Vegetables Fruit
24	25	26	27	28
Milk Meatball Sub Beef Steak Nuggets / Bread French Fries Fruit Chocolate Pudding	Milk Cheese or Pepperoni Pizza Chicken Fajitas Macaroni & Cheese Sweet Green Peas Fruit	<b>THANKSGIVING</b>		<b>HOLIDAYS</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.

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