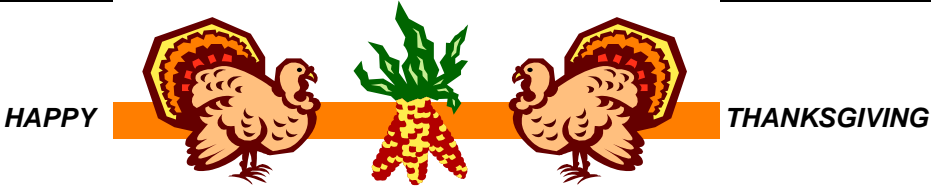


FORT RUCKER DEPENDENTS SCHOOLS

BREAKFAST MENU *

*Menu subject to change without notice.

NOVEMBER 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
Cereal Cinnamon Toast Juice Milk	Pancake Pups Syrup or Jelly Juice Milk	Scrambled Eggs Ham Biscuit Cheese Grits Juice Milk	Breakfast Pizza Fruit Juice Milk	Waffle Sausage Link Syrup Juice Milk
9	10	11	12	13
Cereal Muffins Juice Milk	Oatmeal Cheese Toast Juice Milk	VETERAN'S DAY HOLIDAY	Breakfast Pizza Fruit Juice Milk	Waffle Sausage Link Syrup Juice Milk
16	17	18	19	20
Cereal Cinnamon Toast Juice Milk	Pancake Pups Syrup or Jelly Juice Milk	Scrambled Eggs Ham Biscuit Juice Milk	Breakfast Pizza Fruit Juice Milk	Waffle Sausage Link Syrup Juice Milk
23	24	25	26	27
Cereal Muffins Juice Milk	Oatmeal Cheese Toast Juice Milk			
30				
Cereal Cinnamon Toast Juice Milk	