

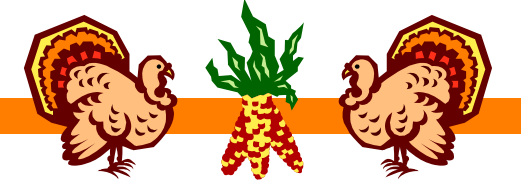


FORT RUCKER DEPENDENTS SCHOOLS

LUNCH MENU *

NOVEMBER 2009

*Menu subject to change without notice.

Primary

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
Milk Chicken Nuggets Tuna Melt Seasoned Green Beans Freedom Fries Fruit Bread	Milk Pizza Sticks w/ Marinara Sauce Chicken and Noodles Garden Salad Pinto Beans Fruit Bread	Milk Ham Steaks Grilled Cheese Sandwich Buttered Steamed Rice Sweet Green Peas Fruit Rolls Cake w/ Sprinkles	Milk Baked Chicken Chicken Fajita Whole Kernel Corn Fruit Bread Pudding	Milk Cheese or Pepperoni Pizza Chicken Salad Sandwich Buttered Pasta Tossed Green Salad Fruit
9	10	11	12	13
Milk Steak w/ Gravy Chicken Nuggets Freedom Fries Baked Beans Fruit Biscuit	Milk Hamburgers / Cheeseburgers Mini Chicken Burgers Lettuce / Tomato / Pickle Whole Kernel Corn Fruit Cookie	VETERAN'S DAY HOLIDAY	Milk Corn Dog Nachos w/ Cheese Tossed Green Salad Fruit Jello w/ Marshmallows	Milk Cheese or Pepperoni Pizza Ocean Treats / Bread Mixed Vegetables Fruit Animal Crackers
16	17	18	19	20
Milk Hotdog / Chilidog Grilled Turkey & Cheese Sandw Freedom Fries Garden Salad Fruit Vanilla Wafers	Milk Chicken Nuggets BBQ Pork Riblets Potato Salad Sweet Green Peas Fruit Dinner Rolls	Milk Sliced Turkey Smoked Turkey slices Mashed Potatoes / Gravy Seasoned Green Beans Fruit Wheat Bread	Milk Baked Chicken Sloppy Joe Sandwich Steamed Rice w/ Gravy Cole Slaw Fruit Biscuit Cake	Milk Cheese or Pepperoni Pizza Tuna Melt Carrot / Celery Sticks Macaroni & Cheese Fruit
23	24	25	26	27
Milk BBQ Diced Chicken Turkey w/ Gravy Potato Rounds Baked Beans Fruit Cobbler Biscuit	Milk Pizza Sticks w/ Marinara Sauce Waffles & Sausage links Hashbrown Potatoes Tossed Salad Jello w/ Fruit	THANKSGIVING		HOLIDAYS
30				



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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