

FORT RUCKER DEPENDENTS SCHOOLS

LUNCH MENU *

*Menu subject to change without notice.

OCTOBER 2008

Alternating 2nd Choice Primary
 Oct 1 - 3 Chicken Tenders
 Oct 6 - 10 Deli Turkey & Chse Sandwich
 Oct 20 - 24 Chicken Tenders
 Oct 27 - 31 Deli Turkey & Chse Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
		1	2	3
		Milk Pork Pot Roast Chicken Tenders Potatoes and Carrots Biscuit Fruit	Milk Beef Nachos /w Cheese Chicken Tenders \ Bread Refried Beans Fruit Sugar Cookie	Milk Cheese or Pepperoni Pizza Chicken Tenders \ Bread Mixed Vegetables Buttered Pasta Fruit
6	7	8	9	10
Milk Hot Dog / Chili Dog Deli Turkey & Cheese Sandwich Lettuce / Tomato / Pickles Freedom Fries Fruit Chocolate Pudding	Milk Salisbury Steak w/ Gravy Deli Turkey & Cheese Sandwich Buttered Noodles Lettuce / Tomato / Pickles Fruit Biscuit	Milk BBQ Chicken Deli Turkey & Cheese Sandwich Mashed Potatoes / Gravy Biscuits Seasoned Green Beans Fruit	Milk Hamburgers / Cheeseburgers Deli Turkey & Cheese Sandwich Broccoli with Cheese Lettuce / Tomato / Pickles Fruit	Milk Cheese or Pepperoni Pizza Deli Turkey & Cheese Sandwich Purple Hull Peas Macaroni & Cheese Fruit
13	14	15	16	17
COLUMBUS DAY	FALL BREAK		FALL BREAK	FALL BREAK
20	21	22	23	24
Milk Corn Dogs Chicken Tenders \ Bread Freedom Fries Sweet Green Peas Fruit	Milk Philly Cheese Steak Sandwich Chicken Tenders \ Bread Baked Beans Fruit M&M Cookie	Milk Peanut Butter & Jelly Sandwich Chicken Tenders \ Bread Mixed Vegetables Garden Salad Fruit	Milk Beef Nachos /w Cheese Chicken Tenders \ Bread Spanish Rice Whole Kernel Corn Fruit	Milk Cheese or Pepperoni Pizza Chicken Tenders \ Bread Italian Green Beans Fruit Jello
27	28	29	30	31
Milk Hamburgers / Cheeseburgers Deli Turkey & Cheese Sandwich Freedom Fries Lettuce / Tomato / Pickles Fruit	Milk Chicken Quesadilla / Salsa Deli Turkey & Cheese Sandwich Lettuce / Tomato / Pickles Refried Beans Fruit Rice Krispie Treat	Milk Ham Steak Deli Turkey & Cheese Sandwich Lettuce / Tomato / Pickles Steamed Rice w Gravy Blackeyed Peas Cake w/ Strawberries	Milk Pizza Sticks w/ Marinara Sauce Deli Turkey & Cheese Sandwich Lettuce / Tomato / Pickles Pork n' Beans Fruit	Milk Brains w/Eyeballs (Spaghetti w/MB) Deli Turkey & Cheese Sandwich Mummy Teeth (Whole Kernel Corn) Halloween Slime (Jello) Breadstick Fruit Halloween Cupcake



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.

The U.S. Department of Agriculture (USDA) prohibits discrimination in all its programs and activities on the basis of race, color, national origin, age, disability
 To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TDD).