



FORT RUCKER DEPENDENTS SCHOOLS

BREAKFAST MENU *

OCTOBER 2009

*Menu subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
			1	2
			Breakfast Pizza Fruit Juice Milk	Waffle Sticks Sausage Link Syrup Juice Milk
5	6	7	8	9
Cereal Cheese Toast Juice Milk	Pancake Pup Syrup or Jelly Fruit Juice Milk	Scrambled Eggs Chicken Biscuit Hashbrowns Juice Milk	French Toast Sticks Syrup Fruit Juice Milk	Pancakes Sausage Link Syrup Juice Milk
12	13	14	15	16
COLUMBUS DAY	FALL BREAK		FALL BREAK	FALL BREAK
19	20	21	22	23
Cereal Cinnamon Toast Juice Milk	Pancake Pup Syrup or Jelly Fruit Juice Milk	Scrambled Eggs Chicken Biscuit Hashbrowns Juice Milk	Breakfast Pizza Fruit Juice Milk	Waffle Sticks Sausage Link Syrup Juice Milk
26	27	28	29	30
Cereal Cheese Toast Juice Milk	Pancake Pup Syrup or Jelly Fruit Juice Milk	Scrambled Eggs Chicken Biscuit Hashbrowns Juice Milk	French Toast Sticks Syrup Fruit Juice Milk	Pancakes Sausage Link Syrup Juice Milk

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