



**FORT RUCKER DEPENDENTS SCHOOLS**

**LUNCH MENU \***

**OCTOBER 2009**

\*Menu subject to change without notice.

**Primary**

Monday	Tuesday	Wednesday	Thursday 1	Friday 2
			Milk Beef Nachos /w Cheese Chicken Nuggets \ Bread Refried Beans Fruit Sugar Cookie	Milk Cheese or Pepperoni Pizza Chicken Nuggets \ Bread Mixed Vegetables Buttered Pasta Fruit
5	6	7	8	9
Milk Hot Dog / Chili Dog Grilled Turkey & Chs Sandwich Tossed Green Salad Freedom Fries Fruit Pudding	Milk Salisbury Steak w/ Gravy Grilled Turkey & Chs Sandwich Rice Pilaf Sweet Green Peas Fruit Brownie Biscuit	Milk BBQ Chicken Grilled Turkey & Chs Sandwich Mashed Potatoes / Gravy Biscuits Seasoned Green Beans Fruit	Milk Hamburgers / Cheeseburgers Grilled Turkey & Chs Sandwich Lettuce / Tomato / Pickles Potato Chips Fruit Jello	Milk Cheese or Pepperoni Pizza Grilled Turkey & Chs Sandwich Purple Hull Peas Macaroni & Cheese Fruit
12	13	14	15	16
<b>COLUMBUS DAY</b>	<b>FALL BREAK</b>		<b>FALL BREAK</b>	<b>FALL BREAK</b>
19	20	21	22	23
Milk Corn Dogs Chicken Nuggets \ Bread Freedom Fries Sweet Green Peas Fruit	Milk Grilled Ham and Chs Sandwich Chicken Nuggets \ Bread Baked Beans Fruit M&M Cookie	Milk Waffles & Sausage Chicken Nuggets \ Bread Carrots Garden Salad Fruit Jello	Milk Fish Burger w/ Cheese Chicken Nuggets \ Bread Spanish Rice Lettuce / Tomatoes Fruit Cupcake	Milk Cheese or Pepperoni Pizza Chicken Nuggets \ Bread Italian Green Beans Fruit Jello
26	27	28	29	30
Milk Hamburgers / Cheeseburgers Hot Dogs Freedom Fries Lettuce / Tomato / Pickles Fruit	Milk Beef Steak Nuggets Hot Dogs Rice Pilaf Refried Beans Fruit Rolls Brownie	Milk Baked Chicken Hot Dogs Steamed Rice w Gravy Blackeyed Peas Rolls Cake w/ Strawberries	Milk Pizza Sticks w/ Marinara Sauce Hot Dogs Garden Salad Pork n' Beans Fruit	Milk Brains w/Eyeballs (Spaghetti w/MB) Hot Dogs 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.

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