


**FORT RUCKER DEPENDENTS SCHOOLS**

**LUNCH MENU \***

SEPTEMBER 2009

\*Menu subject to change without notice.

**Primary**

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>LABOR DAY</b> 7	Milk Hot Dog Chili w/ Beans Freedom Fries Sweet Green Peas Fruit	Milk Spaghetti & Meatsauce Chicken Salad Sandwich Garden Salad Seasoned Green Beans Garlic Bread      Fruit Cookie	Milk Turkey w/ Gravy      Rolls Peanut Butter & Jelly Sandwich Mashed Potatoes Field Peas w/ Snaps Fruit Peach Cobbler	Milk Cheese or Pepperoni Pizza Fish nuggets      Bread Macaroni & Cheese Fresh Veggies w/ Dip Fruit
 <b>LABOR DAY</b> 14	 <b>TEACHER WORK DAY</b> 15	9	10	11
Milk Hamburger / Cheeseburger BBQ Pork Riblets Sweet Green Peas Freedom Fries Lettuce / Tomato / Pickle Fruit	Milk Corn Dog Nuggets Chicken Fajitas Refried Beans Potato Chips Jello w/ Fruit	Milk Pizza Sticks w/ Marinara Sauce Beef Nachos w / Cheese Sweet Green Peas Tossed Salad Macaroni & Cheese Fruit	Milk Chicken Nuggets / Bread Grilled Cheese Sandwich Refried Beans Fruit Cake Jello	Milk Cheese or Pepperoni Pizza Tuna Salad Sandwich Field Peas w/ Snaps Brownie Fruit
21	22	23	24	25
Milk Chili Cheese Fries Peanut Butter & Jelly Sandwich Tossed Green Salad Jello w/ Fruit Rolls Cake	Milk Chicken Nuggets Beef Nachos w / Cheese Purple Hull Peas Tossed Salad Fruit Bread	Milk Waffle Sticks and Sausage Beef Fried Rice Seasoned Green Beans Fruit Rolls Blueberry Shortcake	Milk Baked Chicken Taco Salad      Salsa Tossed Salad Whole Kernel Corn Fruit Cupcake	Milk Cheese or Pepperoni Pizza Deli Turkey Sandwich Sweet Green Peas Buttered Pasta Fruit
28	29	30		<b>PARENT / TEACHER CONFERENCES</b>
Milk Deli Sandwich (Turkey) Corn Dog Freedom Fries Lettuce / Tomato / Pickles Fruit Pudding	Milk Chicken and Noodles Tuna Melt Sweet Green Peas Fruit Rolls Brownies	Milk Scrambled Eggs w/ Bacon Beef Philly Style Ribeye w/Gravy Oven Potatoes Fruit Biscuits		



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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