









CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
French Toast Sticks Spicy Turkey Sausage Links Choice of Juice or Applesauce Choice of Low-Fat Milk	HAPPY GROUNDHOG DAY! Cheese Quesadilla Seasoned Rice Hot Apples Choice of Low-Fat Milk	Hot Oatmeal Cinnamon Toast Chilled Pears Choice of Low-Fat Milk 	Breakfast Burrito (Scrambled Eggs & Cheese in a Flour Tortilla) Chilled Peaches Choice of Low-Fat Milk	Whole Grain Apple Muffin Choice of Cereal Choice of Juice Choice of Low-Fat Milk
8	9	10	11	12
Toasted Cheese Sandwich Chilled Peaches Choice of Low Fat Milk	Belgium Waffle Stick Choice of Cereal Chilled Pineapple Choice of Low-Fat Milk	Scrambled Egg Toast w/Jelly Cheesy Grits Chilled Juice Choice of Low-Fat Milk	Sausage Biscuit Spicy Applesauce Choice of Low-Fat Milk 	Breakfast Bagel Choice of Juice Choice of Low-Fat Milk
15	16	17	18	19
PRESIDENTS' DAY FEDERAL HOLIDAY 	Sausage & Pancake on a Stick Choice of Juice Choice of Low-Fat Milk	Cream Cheese Bagel Bar Choice of Cereal Choice of Fruit or Juice Choice of Low-Fat Milk 	Breakfast Pizza Choice of Juice Choice of Low-Fat Milk	Fruit Yogurt Cinnamon Toast Petite Banana Choice of Low-Fat Milk
22	23	24	25	26
Whole Grain Blueberry Muffin Choice of Cereal Chilled Pears Choice of Low-Fat Milk	Breakfast Burrito (Scrambled Eggs & Cheese in a Flour Tortilla) Choice of Fruit or Juice Choice of Low-Fat Milk	Pancakes with Wild Blueberries Choice of Cereal Choice of Juice Choice of Low-Fat Milk	Scrambled Egg Toast w/Jelly Cheesy Grits Choice of Chilled Juice Choice of Low-Fat Milk	Toasted Cheese Sandwich Chilled Pineapple Choice of Low-Fat Milk
		Eating Right Asian-Style If you've ever enjoyed Chinese or Japanese food, you've probably noticed the emphasis on rice and noodles in their menus. That's because the Oriental diet is high in carbohydrates. It's interesting to note that the typical Asian diet actually follows our Food Pyramid quite well, and so it would be wise to adopt their eating habits. They eat lots of carbohydrates, in various forms, along with a variety of vegetables. The Asian diet contains smaller amounts of protein, such as meat, poultry and fish, and there is very little added fat. Also, this diet contains very few sweet desserts and snacks, but turns to fresh fruit after meals. Since Chinese New Year begins on February 14th, it's a great time to acquaint yourself with the Asian-style of eating. This will be the Year of the Tiger in the Chinese 12-year calendar. They celebrate with lots of specially prepared food, fireworks and vacations from work and school. Gung hay fat choy! (Happy New Year!)		

CAMP LEJEUNE DEPENDENT SCHOOLS • LUNCH MENU • February 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	2	3	4	5
Chicken Tenders w/ Soft Wheat Roll & Choice of Sauce Potatoes au Gratin or Seasoned Baby Peas & Carrots or Sliced Pears Choice of Low-Fat Milk	HAPPY GROUNDHOG DAY! Hearty Vegetarian Vegetable Soup Deli Ham & Cheese Sandwich Garden Salad w/Low-Fat Dressing or Frosty Peach Cup or Chilled Pineapple Gingersnap Cookie Choice of Low-Fat Milk	Macaroni & Cheese w/Corn Puppies Sautéed Green Cabbage or Cajun Pinto Beans or Citrus Glazed Carrots Choice of Low-Fat Milk	Chicken Fried Rice Steamed Broccoli or Fresh Orange Wedges or Mandarin Fruit Cup Almond Cookie Choice of Low-Fat Milk	Cheeseburger on Bun Oven Baked Potato Wedges or Honey Baked Beans or Frosty Peach Cup Choice of Low-Fat Milk
8	9	10	11	12
Stuffed Crust Pepperoni Pizza Crisp Vegetable Relishes or (Baby Carrots, Cucumber & Grape Tomatoes) Steamed Capri Vegetables or Chilled Pears Choice of Low-Fat Milk	Whole Grain Spaghetti w/Meat Sauce & Soft Wheat Roll Crisp Spinach & Romaine Salad w/Low Fat Dressing or Hot Cinnamon Apples or Seasoned Corn Choice of Low-Fat Milk	Chili w/Choice of Toppings & Cornbread Wedge (Cheese, No-Fat Sour Cream & Tortilla Crisps) Oven Baked Potato Wedges or Chilled Kiwi & Star Fruit or Fresh NC Apple Slices Choice of Low-Fat Milk	Roast Turkey w/Soft Wheat Roll & Cranberry Sauce Cinnamon Baked Sweet Potatoes or Seasoned Green Beans or Chilled Pears Very Cherry Tart Choice of Low-Fat Milk	HAPPY VALENTINE'S DAY ON SUNDAY! Chicken Fajita w/All the Trimmings (Non-Fat Sour Cream, Cheese, Salsa & Taco Sauce) Romaine & Spinach Salad w/Low-Fat Dressing or Seasoned Black-Eyed Peas or Steamed California Vegetables Choice of Low-Fat Milk 
15	16	17	18	19
PRESIDENTS' DAY FEDERAL HOLIDAY 	Chicken Nuggets w/Choice of Sauce & Soft Wheat Roll Roasted Sweet Potato Chunks or Cajun Pinto Beans or Steamed Broccoli or Choice of Low-Fat Milk	Fruit Yogurt w/Toasted Cheese Sandwich or Beans & Franks w/Corn Muffin Oven Baked Potato Wedges or Chilled Applesauce or Chilled Pears Cherry Shortcake Choice of Low-Fat Milk	Rotisserie-Style Chicken w/Freshly Baked Wheat Roll Creamed Potatoes or Seasoned Green Beans or Citrus Glazed Carrots Gelatin w/Topping Choice of Low-Fat Milk	Macaroni & Cheese w/Corn Puppies Steamed Capri Blend Vegetables or Hot Cinnamon Apples or Seasoned Field Peas & Snaps Choice of Low-Fat Milk
22	23	24	25	26
Cheesy Whole Grain Rotini w/Meat Sauce & Freshly Baked Wheat Roll Garden Salad w/Low-Fat Dressing or Steamed California Vegetables or Frosty Peach Cup Choice of Low-Fat Milk	Soft Tacos w/All the Trimmings (Non-Fat Sour Cream, Cheese, Lettuce, Tomato, Salsa & Taco Sauce) Seasoned Corn or Roasted Sweet Potato Chunks or Steamed Broccoli Choice of Low-Fat Milk	Tuna Salad on Bun Cheesy Potatoes au Gratin or Fresh Orange Wedges or Seasoned Green Beans Chocolate Cake w/Frosting Choice of Low-Fat Milk	<i>Pipin'</i> Hot Chicken Noodle Soup w/Deli Ham & Cheese Sandwich Baby Carrots or Crisp Cameo Apple or Garden Salad w/Low Fat Dressing Choice of Low-Fat Milk	Cheese or Pepperoni Pizza Hot Cinnamon Apples or Steamed Vegetable Blend (Carrots, Peas, Green Beans & Corn) Frosty Peach Cup Choice of Low-Fat Milk

*A vegetarian entrée will be available on Fridays Feb. 19 through April 2, 2010.



- Have a discussion about the life of an outstanding Black American in honor of Black History Month.
- To celebrate Valentine's Day, do a special favor for someone you know.
- Serve an Oriental noodle dish to your family on Chinese New Year.



Celebrate Black History Month!

February has been set aside as a special time to remember the important role that African-Americans have played in our history. These individuals have contributed greatly to the shaping of our nation:

- **Harriet Tubman**, born in 1820, was responsible for the safe flight to freedom of over 300 slaves on the "Underground Railroad."
- **Maya Angelou**, a poet born in 1928, who wrote a poem for President Clinton's inauguration.
- **Shirley Chisholm**, born in 1924, was the first woman elected to our House of Representatives, in 1968.
- **General Benjamin O. Davis Sr.**, born in 1877, was the first black general in the U.S. Army, in 1940.
- **Mae C. Jemison, M.D.**, born in 1956, was the first black woman astronaut, in 1992.
- **Hiram R. Revels**, born in 1822, was the first black U.S. senator, elected in Mississippi in 1870.

