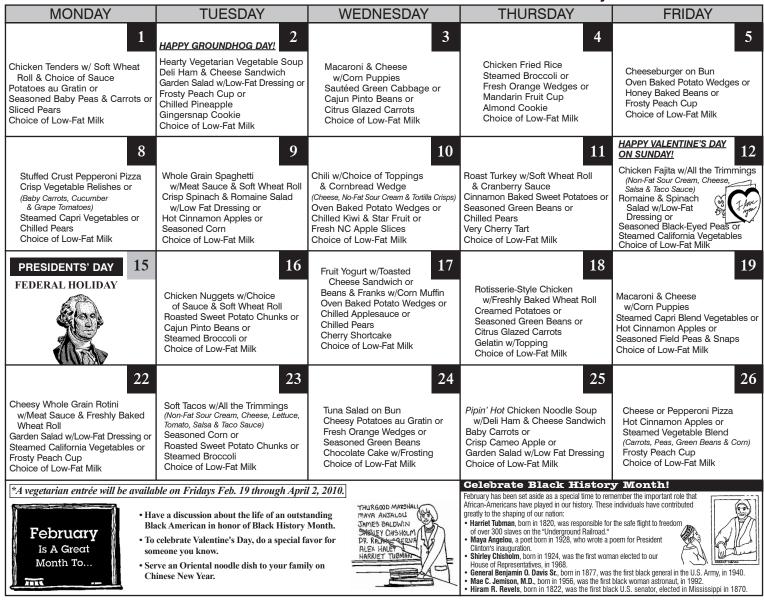
CAMP LEJEUNE DEPENDENT SCHOOLS • BREAKFAST MENU • February 2010

	LOCOTTE DEI ENDENT	SCHOOLS * BREAKIAST MENU * I Childry 2010		
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
French Toast Sticks Spicy Turkey Sausage Links Choice of Juice or Applesauce Choice of Low-Fat Milk	2 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
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
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
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
GUN	G HAY FAT CHOY	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	Ittle 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



Is A Great

Month To...

eone you know.

Chinese New Year.

Serve an Oriental noodle dish to your family on