



Fort Jackson February Menu 2013

Monday	Tuesday	Wednesday	Thursday	Friday
Menu subject to change without notice				
BREAKFAST	"Happiness and moral duty are inseparably connected." -- George Washington "My best friend is a person who will give me a book I have not read." -- Abraham Lincoln			1
4	5	6	7	8
Assorted WG Cereal WG Pop Tart Assorted Fruit Assorted Milk	French Toast Sticks w/syrup Assorted 100% Juice Assorted Milk	Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	Scramble Eggs Bagel Assorted 100% Juice Assorted Milk
11	12	13	14	15
Assorted WG Cereal WG Pop Tart Assorted Fruit Assorted Milk	Pancakes w/Syrup Assorted 100% Juice Assorted Milk	Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	Sausage Biscuit Assorted Fruit Assorted Milk
18	19	20	21	22
 PRESIDENT'S DAY NO SCHOOL	WG Waffles w/syrup Assorted 100% Juice Assorted Milk	Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	Pancake on a stick/syrup Assorted Fruit Assorted Milk
25	26	27	28	
Assorted WG Cereal WG Pop Tart or Graham Bear Assorted Fruit Assorted Milk	French Toast Sticks w/syrup Assorted 100% Juice Assorted Milk	Assorted Yogurt WG Muffin Assorted Fruit Assorted Milk	Assorted WG Cereal WG Graham Bear Assorted 100% Juice Assorted Milk	

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LUNCH	National Black History Month "I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character." Rev. Dr Martin Luther King Jr.			1
4	5	6	7	8
Chicken Nuggets Steamed Rice Seasoned Green Beans Applesauce Assorted Milk	Corn Dogs Baked Beans Fresh Fruit Assorted Milk	Teriyaki Chicken Fried Rice Seasoned Broccoli Fruit Cocktail Assorted Milk	Breakfast for Lunch Pancakes w/syrup Sausage Patty Hash Brown Assorted 100% Juice Assorted Milk	WW Pizza Carrots sticks w/lite dip Fresh Fruit Assorted Milk
11	12	13	14	15
Hamburger on Bun Fries/tots Fresh Fruit Assorted Milk	BBQ Chicken (Diced) Steamed Rice Seasoned Green Beans Applesauce Assorted Milk	Grilled Cheese Sandwich Glazed Carrots Chilled Fruit Assorted Milk	Oven Roasted Chicken Parmesan Rice Black-eyed Peas Fresh Fruit Assorted Milk	Ham Slices Macaroni Cheese Steamed Seasoned Broccoli Sliced Peaches
18	19	20	21	22
 PRESIDENT'S DAY NO SCHOOL	Chicken Patty Sandwich Fries/Tots Diced Pears Assorted Milk	Beef Ravioli Romaine Salad w/ lite dressing Fruit Cocktail Assorted Milk	Baked Chicken WW/Dinner Roll Steamed Broccoli Diced Fruit Assorted Milk	Birthday Bash WW Pizza Carrots and Celery Sticks w/dip 100% juice bar Cake Assorted Milk 
25	26	27	28	
Chicken Nuggets Brown Rice Pinto Beans Fresh Fruit Assorted Milk	W/W Pizza Seasoned Carrots Fruit Cocktail Assorted Milk	Chicken Quesadilla Seasoned Succotash Mixed Fruit Assorted Milk	Turkey/Ham Sandwich on Bun Carrot sticks w/ lite ranch Fresh Fruit Assorted Milk	

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