

# CAMP LEJEUNE DEPENDENTS SCHOOLS

## CHILD NUTRITION PROGRAMS

### FEBRUARY 2013 - MARCH 2013 MENU



**ATTENTION PARENTS!**

To encourage healthier eating, Child Nutrition will be offering FREE oatmeal to all staff and parents for February and March. Additional items will be offered at a la carte prices to add to your meal.

**Friday, February 1**

**BREAKFAST**  
Whole Grain Mini Pancakes  
Cereal  
Juice  
Milk

**LUNCH**  
Chicken Nuggets  
Roll  
Turkey Corn Dog  
Baked Beans  
Glazed Carrots  
Garden Salad  
Pineapple  
Apple  
Milk

**Monday, February 4**

**BREAKFAST**  
French Toast Sticks  
Cereal  
Juice  
Milk

**LUNCH**  
Spaghetti w/Meatballs  
Roll  
Turkey Corn Nuggets  
Broccoli  
Carrot Sticks  
Peaches  
Applesauce  
Milk

**Tuesday, February 5**

**BREAKFAST**  
Scrambled Eggs  
Grits  
Toast  
Applesauce  
Milk

**LUNCH**  
Soft Tacos w/Trimmings  
Spanish Rice  
Grilled Ham & Cheese  
Sandwich  
Green Beans  
Spinach & Romaine Salad  
Orange Wedges  
Mixed Fruit  
Milk

**Wednesday, February 6**

**BREAKFAST**  
Mini Hamburger  
on Wheat Roll  
Pineapple  
Milk

**LUNCH**  
Rotisserie Chicken  
Roll  
Corn Dog  
Mashed Potatoes  
Turnip Greens  
Pears  
Peaches  
Milk

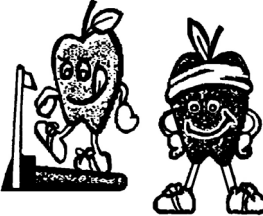
**Thursday, February 7**

**BREAKFAST**  
Sausage Biscuit  
Juice  
Milk

**LUNCH**  
Chicken Fillet on Bun  
Tomato Soup  
Cheese Toast Sandwich  
Pinto Beans  
Cabbage  
Carrot Sticks (9-12)  
Applesauce  
Mixed Fruit  
Milk

**Friday, February 8**

**Teacher Training**



**NO SCHOOL**

**Monday, February 11**

**BREAKFAST**  
French Toast Sticks  
Cereal  
Juice  
Milk

**LUNCH**  
Chicken Nuggets  
Roll  
Cheese Toast Sandwich  
Sautéed Spinach  
Sweet Potato Mini Puffs  
Apple  
Peaches  
Milk

**Tuesday, February 12**

**BREAKFAST**  
Sausage Biscuit  
Applesauce  
Milk

**LUNCH**  
Nachos w/Ground Beef  
& Cheese  
Rice  
Fish Nuggets  
Corn Muffin  
Broccoli  
Corn  
Pineapple  
Mixed Fruit  
Milk

**Wednesday, February 13**

**BREAKFAST**  
Waffles  
Cereal  
Peaches  
Milk

**LUNCH**  
Hot Dog on Bun  
Vegetable Soup  
Cheese Toast Sandwich  
Baked Beans  
Spinach & Romaine Salad  
Carrot Sticks (9-12)  
Pears  
Orange Wedges  
Milk

**Thursday, February 14**

**BREAKFAST**  
Whole Grain Muffin  
Cereal  
Juice  
Milk

**LUNCH**  
Roast Turkey w/Roll  
Turkey Corn Dog  
Mashed Potatoes  
Broccoli  
Black-Eyed Peas  
Mixed Fruit  
Peaches  
Milk


**Friday, February 15**

**BREAKFAST**  
Egg & Cheese on Muffin  
Juice  
Milk

**LUNCH**  
Cheese Pizza  
Pepperoni Pizza  
Chicken Fajita  
on Whole Wheat Flour Tortilla  
Rice  
Green Beans  
Glazed Carrots  
Applesauce  
Mixed Fruit  
Milk

**Monday, February 18**

**FEDERAL HOLIDAY**



**President's Day**

**Tuesday, February 19**

**BREAKFAST**  
Pancake w/Syrup  
Cereal  
Juice  
Milk

**LUNCH**  
Baked Rotini  
Roll  
Turkey Corn Dog Nuggets  
Broccoli  
Carrot Sticks  
Peaches  
Applesauce  
Milk

**Wednesday, February 20**

**BREAKFAST**  
Scrambled Eggs  
Grits  
Toast w/Jelly  
Juice  
Milk

**LUNCH**  
Rotisserie Chicken  
Rice  
Cheese Toast Sandwich  
Collards  
Baked Beans  
Corn  
Pineapple  
Applesauce  
Milk

**Thursday, February 21**

**BREAKFAST**  
Sausage Biscuit  
Strawberry Applesauce  
Milk

**LUNCH**  
Hot Dog on Bun  
Beef & Bean Chili  
Crackers  
Potato Rounds  
Green Beans  
Baby Carrots  
Apple Slices  
Peaches  
Milk

**Friday, February 22**

**BREAKFAST**  
Whole Grain Mini Pancakes  
Cereal  
Juice  
Milk

**LUNCH**  
Pepperoni Pizza  
Cheese Pizza  
Fish Fillet Nuggets  
Corn Muffin  
Pinto Beans  
Winter Blend Vegetables  
Orange Wedges  
Applesauce  
Milk

**Monday, February 25**

**BREAKFAST**  
French Toast Sticks  
Cereal  
Juice  
Milk

**LUNCH**  
Chicken Nuggets  
Roll  
Cheese Toast Sandwich  
Baked Beans  
Romaine & Spinach Salad  
Potato Rounds/Tots  
Apple  
Peaches  
Milk

**Tuesday, February 26**

**BREAKFAST**  
Sausage Biscuit  
Applesauce  
Milk

**LUNCH**  
Nachos w/Ground Beef  
& Cheese  
Rice  
Grilled Ham & Cheese  
Sandwich  
Broccoli  
Corn  
Carrot Sticks  
Orange Wedges  
Pineapple  
Milk

**Wednesday, February 27**

**BREAKFAST**  
Whole Grain Pancakes  
Cereal  
Peaches  
Milk


**LUNCH**  
Chicken Fillet on Bun  
Sloppy Joe on Bun  
Oven Roasted Potatoes  
Peas & Carrots  
Black-Eyed Peas  
Mixed Fruit  
Peaches  
Milk

**Thursday, February 28**

**BREAKFAST**  
Green Eggs & Ham  
Grits  
Juice  
Milk

**LUNCH**  
Pepperoni Pizza  
Fish Fillet on Bun  
Baked Beans  
Winter Blend Vegetables  
Spiced Apples  
Mixed Fruit  
Milk

**Let's Celebrate!**



Happy  
Birthday  
Dr. Seuss!

**March 2nd**