October 2013 Fort Rucker Elementary School



Monday	Tuesday	Wednesday		Thursday		Friday
Menu Subject to Change	Chicken Nuggets Green Beans Mixed Vegetables Pineapple Chunks	Beef & Bean Burrito Corn Carrots Fruit Medley	2	Baked Potato Bar Baked Potato Diced Ham Steamed Broccoli Blueberry Muffin	3	NO SCHOOL STUDENT HOLIDAY
7 Chili Con Carne Corn Mandarin Oranges Cinnamon Roll	Cheese Pizza Steamed Broccoli Mixed Vegetables Fruit Medley	Chicken Fajitas Pinto Beans Green Beans Pineapple Chunks	9	BBQ Pork Sandwich Baked Beans Dill Pickle Spear Apple Slices	10	Beef Tacos Corn on the Cob Spanish Rice Mandarin Oranges
NO SCHOOL COLUMBUS DAY!	NO SCHOOL PARENT/TEACHER CONFERENCES	Macaroni & cheese Mixed Vegetables Waffle Fries Fruit Medley	16	Pancakes Yogurt Tater Tots Carrots Strawberries	17	Spaghetti w/ Meat Sauce Corn Green Beans Orange Wedges
21 Grilled Cheese Sandwich Tomato Soup Corn Fruit Medley	Cheeseburger Baked Beans Dill Pickle Spear Mandarin Oranges	Chicken Strips Carrots Broccoli w/ Cheese Pineapple	23	Roast Turkey Mashed Potatoes Green Beans Peach Cobbler	24	Hot Dog Corn Curly Fries Orange Wedges Ice Cream
Pancakes Yogurt Tater Tots Carrots Fruit Medley	Pepperoni Pizza Mixed Vegetables Waffle Fries Pear Half	Chicken & Dumplings Mashed Potatoes Green Beans Apple Slices	30	Witch's Brew Stew Golden Pirate's Teeth Toxic Applesauce Dried Dragon Wings Graveyard Dirt	31	Daily Milk Options: Fat Free Chocolate Fat Free White 1% White