

**DON'T FORGET TO FILL
OUT YOUR FREE AND
REDUCE APPLICATION**

**FREE & REDUCE
APPLICATIONS
ARE AVAILABLE AT
YOUR CHILD'S SCHOOL
AND IN THE CAFETERIA.
REMEMBER TO FILL
OUT A NEW
APPLICATION. DON'T
WAIT TILL THE LAST
MINUTE....
YOU ONLY NEED ONE
APPLICATION PER
HOUSEHOLD.
QUESTIONS PLEASE
CALL 910-907-0271 or
E-mail
Bragg.sfs@am.dodea.edu**



Developed by the Nutrition Education and Training Program, Division of Public Health, N.C. Department of Health and Human Services with funding from Child Nutrition Services, N.C. Department of Public Instruction.
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www.ncdhs.gov • www.nutritionnc.com • http://childnutrition.ncpublicschools.gov

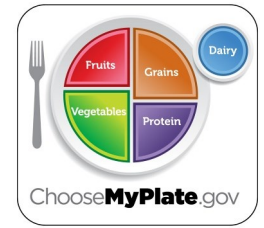
Sources: www.choosemyplate.gov, www.fruitsandveggiesmatter.gov

SCHOOL

Menus for August 2013

Fort Bragg Schools

August



Families Eating Smart and Moving More

Research points to seven key behaviors that can help children, youth and adults eat healthier and be more active:

- Prepare and eat more meals at home.
- Tame the tube.
- Choose to move more every day.
- Right-size your portions.
- Re-think your drink.
- Enjoy more fruits and vegetables.
- Breastfeed your baby.

- Family Meals Month
- Peach Month
- Farmers' Market Week (Aug 5th-11th)

**It's time to fill out
a New
Free & Reduce
Application**

**Do so now so that
your benefits do
not run out.
Question call
910-907-0271**

**You may pick up
your Free and Re-
duce Application at
your child school if
you did not receive
one in your child's
packet. The are
Available in your
child's school cafete-
ria and the Front
Office.**

Monday, August 26

B: Breakfast Pizza
Or
Cereal
Cantaloupe or Orange Juice
Toast w/ (1) Jelly
Choice of Milk
LUNCH
Chicken Sandwich
Or
Lasagna
CHOOSE TWO
Fresh Squash
Garden Peas
Tossed Salad
Fresh Watermelon
CHOICE OF COLD MILK

Tuesday, August 27

B: Scramble Eggs w/ Grits
Or
Cereal
Orange Wedges or
Apple Juice
Toast w/ (1) Jelly
Choice of Milk
LUNCH
Cheeseburger
Or
Sliced Turkey w/ Gravy & Roll
CHOOSE TWO
Sweet Potato Casserole
Green Beans
Lettuce w/ Tomato
Fresh Cantaloupe
CHOICE OF COLD MILK

Wednesday, August 28

B: Pancakes & Sausage w/ Syrup
Or
Cereal
Watermelon or Orange Juice
Toast w/ (1) Jelly
Choice of Milk
LUNCH
Cheese Pizza
Or
Turkey Deli Sandwich
CHOOSE TWO
Steamed Broccoli
Steamed Corn
Fresh Peaches
Fresh Watermelon
CHOICE OF COLD MILK

Thursday, August 29

B: Yogurt w/ Peaches
Or
Cereal
Watermelon & Cantaloupe
Cup or Grape Juice
Toast w/ (1) Jelly
Choice of Milk
LUNCH
Bar-B-Que Chicken w/ Roll
Or
Hotdog w/ Chili
CHOOSE TWO
Creamed Potatoes
Green Beans
Watermelon & Cantaloupe Cup
Sliced Peaches
CHOICE OF COLD MILK

Friday, August 30

B: Whole Grain Croissant w/
Cream Cheese
Or
Toasted Cinnamon Cereal
Peaches Wedges or
Apple Juice
Toast w/ (1) Jelly
Choice of Milk
LUNCH
Taco Salad w/ Chips
Or
Fish Sticks w/ Cornbread
CHOOSE TWO
Oven Baked Fries
Baked Beans
Coleslaw
Fresh Orange Wedges
CHOICE OF COLD MILK