

DGF SCHOOL CYCLE MENU

Rota, Spain

School Year 09 -10

CYCLE ONE (Rev. 10/09)

16 NOVEMBER 2009 – 20 NOVEMBER 2009

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Five Spice Skinless Chicken OR Hamburgers/ Cheeseburgers	Tacos with toppings Taco Salad OR Creole Skinless Chicken	Yankee Pot Roast, Natural Pan Gravy OR Southern Fried Chicken	Roast Turkey with Turkey Gravy OR Grilled Ham and Cheese Sandwich	BBQ Spareribs OR Chicken Fillet Sandwich
Oven-Glo Potatoes, Brown Gravy OR Rice Pilaf	Refried Beans with Cheese OR Rice Pilaf	Parley Buttered Potatoes OR Corn-on-the-Cob	O'Brien Potatoes OR Tossed Green Rice	Oven Browned Potatoes OR Steamed Rice with Brown Gravy
Simmered Spinach OR Mushroom with Tomatoes & Peas	Carrots with Onions OR Club Spinach	Vegetable Stir Fry OR Seasoned Asparagus	Mixed Vegetables OR Seasoned Brussels Sprouts	Corn-on-the-Cob OR Seasoned Mustard Greens
Fresh Fruits ¾ Cup.....1 Cup Apple & Grapes	Fresh Fruits ¾ Cup.....1 Cup Kiwi & Grapes	Fresh Fruits ¾ Cup.....1 Cup Orange & Grapes	Fresh Fruits ¾ Cup.....1 Cup Melon & Grapes	Fresh Fruits ¾ Cup.....1 Cup Pineapple & Grapes
Garden Salad Assorted Salad Dressings	Garden Salad Assorted Salad Dressings	Garden Salad Assorted Salad Dressings	Garden Salad Assorted Salad Dressings	Garden Salad Assorted Salad Dressings
Brownies – Chocolate Cookies 1 Each	Oatmeal-Chocolate Chip Cookies 1 Each	Chewy Nut Bar Cookies 1 Each	Oatmeal-Chocolate Chip Cookies 1 Each	Congo Bar Cookies 1 Each
Dinner Wheat Rolls	Dinner Wheat Rolls Cornbread – NO Jalapeño	Dinner Wheat Rolls	Dinner Wheat Rolls	Dinner Wheat Rolls
½ Pint Milk 1 Serving	½ Pint Milk 1 Serving	½ Pint Milk 1 Serving	½ Pint Milk 1 Serving	½ Pint Milk 1 Serving
Drinking Water	Drinking Water	Drinking Water	Drinking Water	Drinking Water

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NOTE: THE MENU ITEMS ARE SUBJECT TO CHANGE AND/OR SUBSTITUTIONS WITHOUT NOTICE DUE TO NON-AVAILABILITY OF FOOD ITEMS AND/OR IMMEDIATE USE OF PERISHABLE FOOD ITEMS.

FOR ANY QUESTIONS OR COMMENTS: POINTS OF CONTACT ARE:

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