

DGF SCHOOL CYCLE MENU

Rota, Spain

School Year 08-09

CYCLE ONE (Rev. 1/09)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Teriyaki Chicken	Creole Chicken	Swiss Steak	Beef Cordon Bleu	BBQ Spareribs
Chili Dogs	Tacos & Taco Salad	Chicken in Orange Sauce	Grilled Ham and Cheese Sandwich	Southern Fried Fish with Chilled Tartar Sauce
Oven-Glo Potatoes	Refried Beans	Italian-Style Baked Beans	Baked Pork and Beans	Oven Browned Potatoes
Rice Pilaf	Steamed Rice	Vegetable Fried Rice	Beef Rice Pilaf	Steamed Rice
Simmered Spinach	Broccoli Parmesan	Vegetable Stir Fry	Mixed Vegetables	Green Beans
Build-your-own Fresh Garden Salad				
Assorted Salad Dressings				
Fresh Fruits				
Dinner Rolls				
Cookies – Chewy Nut Bars	Cookies – Oatmeal-Chocolate Chips	Cookies – Congo Bars	Cookies– Oatmeal-Chocolate Chips	Peanut Butter Cookies
Milk	Milk	Milk	Milk	Milk
Fruit Juice				

****** 05 JANUARY 2009 – 09 JANUARY 2009 ******