



## Duval County Public Schools ELEMENTARY Breakfast Menu January 2012

Student price \$1.00 Reduced price \$0.30

Questions or comments?  
Please call (904) 732-5117

**Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

Monday	Tuesday	Wednesday	Thursday	Friday
2 <b>No School</b>	3 <b>Choose One</b> Cinnamon & Brown Sugar Oatmeal Pancakes <b>Choose One</b> 100% Fruit Blend Juice Sausage Patty <b>Choice of Milk</b>	4 <b>Choose One</b> Assorted Cereal Cheesy Eggs <b>Choose One</b> Toast Chilled Sliced Pears <b>Choice of Milk</b>	5 <b>Choose One</b> Egg & Cheese Sandwich Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Apple Cinnamon Muffin Fresh Banana <b>Choice of Milk</b>	6 <b>Choose One</b> French Toast Sticks Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Sausage Patty Baked Apple Slices <b>Choice of Milk</b>
9 <b>Choose One</b> Scrambled Eggs with Grits Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Toast Chilled Sliced Peaches <b>Choice of Milk</b>	10 <b>Choose One</b> Egg & Cheese Sandwich Pancakes <b>Choose One</b> Grits 100% Fruit Blend Juice <b>Choice of Milk</b>	11 <b>Choose One</b> Assorted Cereal Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Apple Cinnamon Muffin Chilled Mixed Fruit <b>Choice of Milk</b>	12 <b>Choose One</b> Scrambled Eggs Breakfast Pizza <b>Choose One</b> Grits Rosy Applesauce <b>Choice of Milk</b>	13 <b>Choose One</b> Scrambled Eggs with Toast Ham & Cheese Breakfast Sandwich <b>Choose One</b> Cheese Grits Fresh Banana <b>Choice of Milk</b>
16 <b>No School</b>	17 <b>Choose One</b> Cinnamon & Brown Sugar Oatmeal Waffles <b>Choose One</b> 100% Fruit Blend Juice Sausage Patty <b>Choice of Milk</b>	18 <b>Choose One</b> French Toast Sticks Cheesy Eggs <b>Choose One</b> Grits Chilled Mixed Fruit <b>Choice of Milk</b>	19 <b>Choose One</b> Egg & Cheese Sandwich Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Apple Cinnamon Muffin Fresh Banana <b>Choice of Milk</b>	20 <b>No School</b>
23 <b>Choose One</b> French Toast Sticks Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Sausage Patty Baked Apple Slices <b>Choice of Milk</b>	24 <b>Choose One</b> Egg & Cheese Sandwich Ham Breakfast Sandwich <b>Choose One</b> Grits 100% Fruit Blend Juice <b>Choice of Milk</b>	25 <b>Choose One</b> Chicken Breakfast Sandwich Scrambled Eggs <b>Choose One</b> Toast Applesauce <b>Choice of Milk</b>	26 <b>Choose One</b> Waffles Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Sausage Patty Fresh Banana <b>Choice of Milk</b>	27 <b>Choose One</b> Scrambled Eggs & Grits Cinnamon & Brown Sugar Oatmeal <b>Choose One</b> Toast Chilled Sliced Peaches <b>Choice of Milk</b>



Go to [choosemyplate.gov](http://choosemyplate.gov) for online personal wellness resources for you and your family.

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