

Menu

Duval County Public Elementary Schools Breakfast in the Classroom Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Cereal Fresh Assorted Fruit Milk	3 Sausage Breakfast Sandwich Assorted Fruit Juice Milk	4 Breakfast Burrito Assorted Fruit Juice Milk	5 Super Bun Fresh Assorted Fruit Milk	6 Breakfast Parfait Fresh Assorted Fruit Milk
9 Breakfast Burrito Fresh Apple Milk	10 Chicken Biscuit Assorted Fruit Juice Milk	11 No School - Holiday	12 French Toast Sticks Fresh Assorted Fruit Milk	13 Breakfast Pizza Fresh Assorted Fruit Milk
16 Cereal Fresh Assorted Fruit Milk	17 Sausage Breakfast Sandwich Assorted Fruit Juice Milk	18 Breakfast Burrito Assorted Fruit Juice Milk	19 Super Bun Fresh Assorted Fruit Milk	20 Breakfast Parfait Fresh Assorted Fruit Milk
23 Breakfast Burrito Fresh Apple Milk	24 Chicken Biscuit Assorted Fruit Juice Milk	25 No School – Holiday	26 No School – Holiday	27 No School - Holiday
30 Cereal Fresh Assorted Fruit Milk	<p>Buy fruits and vegetables in season for the best flavor and price USDA My Pyramid recommends butternut squash as a member of the orange vegetable group Try a variety of fruits and vegetables that are deep orange and green for better health Take a break from French Fries and try baked squash instead Eating a diet rich in fruits and vegetables may reduce risk of diabetes Refrigerate if cut but can be stored in a cool dry place if uncut Never underestimate the nutrition power of a yellow or orange fruit or vegetable USDA MyPyramid is a great resource for choosing nutritious vegetables at MyPyramid.gov Try butternut squash baked or mashed with a little cinnamon</p> <p>Seeds can be eaten either raw or cooked Quality squash is one that has a smooth hard rind free of spots Usually referred to as a winter squash because it is harvested when ripe in cool weather Actually a fruit and not a vegetable Substitute in any recipe that calls for pumpkin Health benefits include vitamins A, C, fiber, potassium and magnesium</p>			

Choice of 1%, Skim or Low Fat Chocolate Milk Offered Daily

Student Price \$1.00, Reduced Price \$0.30

An Asterisk (*) denotes components of balanced choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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