

Menu

Duval County Public Elementary Schools Breakfast Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Breakfast Sandwich Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fruit Juice	3 Biscuit & Gravy Cereal Sausage Grits Assorted Fresh Fruit	4 Ham & Cheese Breakfast Sandwich Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fresh Fruit	5 Sausage Breakfast Sandwich Cereal Cheese Grits Assorted Fruit Juice	6 Ham & Cheese Breakfast Sandwich Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fruit Juice
9 Cereal Super Bun Cheese Grits Assorted Fresh Fruit	10 Breakfast Pizza Cereal Oatmeal Assorted Fruit Juice	11 No School - Holiday	12 French Toast Sticks Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fresh Fruit	13 Cereal Egg & Cheese Sandwich Cheese Grits Assorted Fruit Juice
16 Waffle Cereal Sausage Assorted Fruit Juice	17 Biscuit & Gravy Cereal Assorted Fruit Juice Assorted Fresh Fruit	18 Ham & Cheese Breakfast Sandwich Cereal Cheese Grits Assorted Fruit Juice	19 Biscuit & Gravy Cereal Cheese Grits	20 Biscuit & Gravy Cereal Assorted Fruit Juice Assorted Fresh Fruit
23 Ham & Cheese Breakfast Sandwich Cereal Grits Assorted Fruit Juice	24 Pancake Cereal Sausage Assorted Fruit Juice	25 No School - Holiday	26 No School - Holiday	27 No School - Holiday
30 Sausage Breakfast Sandwich Cereal Cheese Grits Assorted Fruit Juice	Choice of 1%, Skim or Low Fat Chocolate Milk Offered Daily		Student Price \$1.00, Reduced Price \$0.30	

Buy fruits and vegetables in season for the best flavor and price
 USDA MyPyramid 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

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

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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