



# Duval County Public High Schools Lunch Menu November 2009

Meal Consists of an Entrée, Choice of Sides, Including Fruit and Lowfat Milk

**Featured Daily:**

Hamburger  
Cheeseburger  
Chicken Patty  
Choice of 1% milk  
or less

Choice of Variety  
Pizza

	Monday	Tuesday	Wednesday	Thursday	Friday
	2	3	4	5	6
	Chuck Wagon Chicken Sloppy Joe on Bun Rice White Gravy Tater Tot Peas Broccoli Potato Wedges Dinner Roll	Turkey w/Gravy Chicken Nuggets Dinner Roll Potato Wedges Turkey Gravy Mashed Potatoes Green Beans Tater Tot Chocolate Cake	Corn Dog Tossed Salad Corn Tater Tot Potato Wedges	Cheesy Chicken & Noodle Lettuce/Tomato Cup Carrots Tater Tot Apple Crisp	BBQ Chicken Sandwich Mac & Cheese Entree Potato Wedges Tossed Salad Broccoli
	9	10	11	12	13
	Chicken Pot Pie Baked Sliced Ham Potato Wedges Sweet Potatoes Broccoli Dinner Roll	Cheesy Nachos Turkey Sandwich Taco Meat Tater Tot Tossed Salad Spice Cake	<b>No School - Holiday</b>	Cheese Ravioli Garlic Sticks Green Beans Tater Tot	Beef Taco w/Lettuce, Tomato, Cheese Pinto Beans Fiesta Rice Potato Wedges Turnip Greens Tossed Salad
	16	17	18	19	20
	BBQ Pork Sandwich Potato Wedges Green Beans Lettuce and Tomato Cup Chocolate Cake	Chicken Nuggets Ham & Cheese Sandwich Tater Tot Mashed Potatoes Corn Rainbow Cake	Country St. Steak w/Gravy Meatball Sub White Gravy Rice Baked Beans Potato Wedges Assorted Fruit Juice	<b>HOLIDAY MEAL</b> Turkey w/Gravy Cornbread Stuffing Turkey Gravy Mashed Potatoes Green Beans Dinner Roll Cranberry Sauce Cheese Pizza Spice Cake	Turkey Sandwich Elem Tossed Salad Broccoli Tater Tot Potato Wedges
	23	24	25	26	27
	Hot Dog on Bun Chicken Ranch Sandwich Potato Wedges Mac & Cheese Carrots	Meatloaf Cheese Maxx Sticks Tater Tot Mashed Potatoes Brown Gravy Tossed Salad Green Beans Spice Cake	<b>No School - Holiday</b>	<b>No School - Holiday</b>	<b>No School - Holiday</b>
	30	<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>			
	Chuck Wagon Chicken Sloppy Joe on Bun Rice White Gravy Potato Wedges Peas Broccoli Dinner Roll				

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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.

