

# Duval County Public Schools Middle/High School Breakfast Menu November 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b> Chicken Breakfast Sandwich Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fruit Juice	<b>3</b> Biscuit & Gravy Cereal Sausage Grits Assorted Fresh Fruit	<b>4</b> Ham & Cheese Breakfast Sandwich Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fresh Fruit	<b>5</b> Sausage Breakfast Sandwich Cereal Cheese Grits Assorted Fruit Juice	<b>6</b> Ham & Cheese Breakfast Sandwich Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fruit Juice
<b>9</b> Cereal Super Bun Cheese Grits Assorted Fresh Fruit	<b>10</b> Breakfast Pizza Cereal Oatmeal Assorted Fruit Juice	<b>11</b>  <b>No School - Holiday</b>	<b>12</b> French Toast Sticks Cereal Oatmeal/Brown Sugar & Cinnamon Assorted Fresh Fruit	<b>13</b> Cereal Egg & Cheese Sandwich Cheese Grits Assorted Fruit Juice
<b>16</b> Waffle Cereal Sausage Assorted Fruit Juice	<b>17</b> Biscuit & Gravy Cereal Assorted Fruit Juice Assorted Fresh Fruit	<b>18</b> Ham & Cheese Breakfast Sandwich Cereal Cheese Grits Assorted Fruit Juice	<b>19</b> Biscuit & Gravy Cereal Cheese Grits	<b>20</b> Biscuit & Gravy Cereal Assorted Fruit Juice Assorted Fresh Fruit
<b>23</b> Ham & Cheese Breakfast Sandwich Cereal Grits Assorted Fruit Juice	<b>24</b> Pancake Cereal Sausage Assorted Fruit Juice	<b>25</b>  <b>No School - Holiday</b>	<b>26</b>  <b>No School - Holiday</b>	<b>27</b>  <b>No School - Holiday</b>
<b>30</b> Sausage Breakfast Sandwich Cereal Cheese Grits Assorted Fruit Juice	<b>Choice of Milk Offered Daily</b>			
	<b>Student Price: \$1.25, Reduced \$ .30</b>			

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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