

MENU

Duval County Public Schools Middle School Menu November 2009



Monday	Tuesday	Wednesday	Thursday	Friday
2 Chuck Wagon Chicken Sloppy Joe on Bun Rice White Gravy Tater Tot Peas Broccoli Potato Wedges Dinner Roll	3 Turkey w/Gravy Chicken Nuggets Dinner Roll Potato Wedges Turkey Gravy Mashed Potatoes Green Beans Tater Tot Chocolate Cake	4 Corn Dog Tossed Salad Corn Tater Tot Tossed Salad Potato Wedges	5 Cheesy Chicken & Noodle Lettuce/Tomato Cup Carrots Tater Tot Apple Crisp	6 BBQ Chicken Sandwich Mac & Cheese Entree Potato Wedges Tossed Salad Broccoli
9 Chicken Pot Pie Baked Sliced Ham Potato Wedges Sweet Potatoes Broccoli Dinner Roll	10 Cheesy Nachos Turkey Sandwich Taco Meat Tater Tot Tossed Salad Spice Cake	11 <p style="text-align: center;">No School - Holiday</p>	12 Cheese Ravioli Garlic Sticks Green Beans Tater Tot	13 Beef Taco w/Lettuce, Tomato, Cheese Pinto Beans Fiesta Rice Potato Wedges Turnip Greens Tossed Salad
16 BBQ Pork Sandwich Potato Wedges Green Beans Lettuce and Tomato Cup Chocolate Cake	17 Chicken Nuggets Ham & Cheese Sandwich Tater Tot Mashed Potatoes Corn Rainbow Cake	18 Country St. Steak w/Gravy Meatball Sub White Gravy Rice Baked Beans Potato Wedges Assorted Fruit Juice	19 <p style="text-align: center;">HOLIDAY MEAL</p> Turkey w/Gravy Cornbread Stuffing Turkey Gravy Mashed Potatoes Green Beans Dinner Roll Cranberry Sauce Cheese Pizza Spice Cake	20 Turkey Sandwich Elem Tossed Salad Broccoli Tater Tot Potato Wedges
23 Hot Dog on Bun Chicken Ranch Sandwich Potato Wedges Mac & Cheese Carrots	24 Meatloaf Cheese Maxx Sticks Tater Tot Mashed Potatoes Brown Gravy Tossed Salad Green Beans Spice Cake	25 <p style="text-align: center;">No School - Holiday</p>	26 <p style="text-align: center;">No School - Holiday</p>	27 <p style="text-align: center;">No School - Holiday</p>
30 Chuck Wagon Chicken Sloppy Joe on Bun Rice White Gravy Potato Wedges Peas Broccoli Dinner Roll	<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> <p style="text-align: right;">Student Price: \$2.00, Reduced \$.40</p> <p style="text-align: right;"><i>Meal consists of an entrée, choice of sides including fruit and low fat milk</i></p>			

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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