

# Menu

## Duval County Public Elementary Schools Lunch Menu September/October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
<b>28</b> Hot Dog on a Bun Chicken Ranch Sandwich Yogurt & Graham Cracker Lunch Vegetarian Baked Beans Tossed Salad Carrots Baked Apples Diced Peaches	<b>29</b> Pork Roast Gravy Cheese Sticks w/Marinara Ham & Cheese Sandwich Tossed Salad Garlic Sticks Corn Mashed Potatoes Fresh Apple	<b>30</b> Chicken Nuggets Country Style Steak Italian Sub/Hoagie Mac-n-Cheese Mixed Vegetables Dinner Roll Jell-o w/Fruit Fresh Assorted Fruit	<b>1</b> *Spaghetti & Meatsauce Chicken Patty Sandwich Turkey & Cheese Sandwich Garlic Stick Green Beans Lettuce, Tomato, Pickle Fresh Assorted Fruit Diced Peaches	<b>2</b> BBQ Pork Riblet Sandwich Cheese Pizza Taco Chef Salad Tossed Salad Broccoli Turnip Greens Fruit Cocktail Peach Crisp
<b>5</b> *Cheesy Chicken Broccoli Baked Sloppy Joe on a Bun Yogurt & Graham Cracker Lunch Peas Seasoned Rice Jell-o w/Fruit Dinner Roll Diced Peaches	<b>6</b> Roast Turkey Gravy Chicken Nuggets PB&J Sandwich Mashed Potatoes Green Beans Rosy Applesauce Orange Wedges Chilled Mixed Fruit	<b>7</b> Cheese Pizza Hot Dog on a Bun Chicken Nugget Salad Tossed Salad Corn Pasta Salad w/Vegetables Pineapple Cup Fresh Assorted Fruit	<b>8</b> Hamburger on a Bun Cheesy Chicken & Noodles Chicken Salad w/lettuce Tossed Salad Carrots Potato Wedges Baked Apples Chocolate Chip Cookie	<b>9</b> *Spaghetti/Meatsauce BBQ Chicken Sandwich Ham Chef Salad Tossed Salad Broccoli Garlic Sticks Chilled Pears Fresh Assorted Fruit
<b>12</b> *Chicken Pot Pie Baked Ham Sliced Yogurt & Graham Cracker Lunch Sweet Potatoes Broccoli Dinner Roll Baked Apples Diced Peaches	<b>13</b> Cheesy Nachos and Beef BBQ Chicken Sandwich Turkey Sandwich Tossed Salad Turnip Greens Seasoned Rice Chilled Pears Jell-o/Fruit	<b>14</b> Cheeseburger Roast Pork Gravy Chicken Strip Salad Tossed Salad Mashed Potatoes Black-eyed Peas Apple Quick Crisp Chilled Mixed Fruit	<b>15</b> Chicken Patty Sandwich Cheese Ravioli w/Marinara PB&J Sandwich Garlic Stick Potato Wedges Green Beans Chilled Mixed Fruit Fresh Assorted Fruit	<b>16</b> Beef Taco Cheese Pizza Chicken Salad on Lettuce Pinto Beans Tossed Salad Corn Assorted Fresh Fruit Pineapple Cup
<b>19</b> *BBQ Pork Sandwich Roast Turkey Gravy Yogurt w/Graham Cracker Rice Tossed Salad Green Beans Chilled Mixed Fruit Fresh Apple	<b>20</b> Mac-n-Cheese Chicken Ranch Sandwich Turkey Sandwich Tossed Salad Carrot Coins Turnip Greens Peach Crisp Diced Pears	<b>21</b> Hot Dog on a Bun Meatball Sub Tuna Salad on Lettuce Baked Beans Corn Baked Tater Tots Baked Apples Fresh Assorted Fruit	<b>22</b> Cheese Sticks w/Marinara *Chicken Nuggets Ham & Cheese Sandwich Mashed Potatoes Green Beans Corn Chilled Pears Jell-o w/Fruit	<b>23</b> Cheese Pizza Beef-a-roni Turkey Sandwich Tater Tots Tossed Salad Corn Broccoli Rosy Applesauce
<b>26</b> Hot Dog on a Bun Chicken Ranch Sandwich Yogurt & Graham Cracker Lunch Vegetarian Baked Beans Tossed Salad Carrots Baked Apples Diced Peaches	<b>27</b> Pork Roast Gravy Cheese Sticks w/Marinara Ham & Cheese Sandwich Tossed Salad Garlic Sticks Corn Mashed Potatoes Fresh Apple	<b>28</b> Chicken Nuggets Country Style Steak Italian Sub/Hoagie Mac-n-Cheese Mixed Vegetables Dinner Roll Jell-o w/Fruit Fresh Assorted Fruit	<b>29</b> *Spaghetti & Meatsauce Chicken Patty Sandwich Turkey & Cheese Sandwich Garlic Stick Green Beans Lettuce, Tomato, Pickle Fresh Assorted Fruit Diced Peaches	<b>30</b> *BBQ Pork Riblet Sandwich Cheese Pizza Taco Chef Salad Tossed Salad Broccoli Turnip Greens Fruit Cocktail Peach Crisp

Choice of Low Fat Milk Offered Daily

Student Price: \$1.50, Reduced \$ .40



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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