

Menu

Duval County Public Elementary Schools Breakfast Menu September/October 2009

Monday	Tuesday	Wednesday	Thursday	Friday
28 Sausage Biscuit or Assorted Cereal Assorted Juice	29 Breakfast Pizza or Assorted Cereal Fresh Fruit	30 Breakfast Burrito or Assorted Cereal Assorted Juice	1 French Toast Sticks w/Syrup or Assorted Cereal Fresh Fruit	2 Snack-n-Waffle or Assorted Cereal Assorted Juice
5 Assorted Cereal or Pancakes Fresh Apple	6 Chicken Breakfast Sandwich or Assorted Cereal	7 Yogurt or Assorted cereal Fresh Fruit	8 Sausage Biscuit Assorted Cereal Assorted Juice	9 Breakfast Pizza or Assorted Cereal Fresh Fruit
12 Super Bun or Assorted Cereal Assorted Juice	13 Breakfast Pizza or Assorted Cereal Fresh Fruit	14 Breakfast Burrito or Assorted Cereal Assorted Juice	15 French Toast Sticks w/Syrup or Assorted Cereal Fresh Fruit	16 Snack-n-Waffle or Assorted Cereal Assorted Juice
19 Assorted Cereal or Pancakes Fresh Apple	20 Chicken Breakfast Sandwich or Assorted Cereal	21 Yogurt or Assorted cereal Fresh Fruit	22 Sausage Biscuit Assorted Cereal Assorted Juice	23 Breakfast Pizza or Assorted Cereal Fresh Fruit
26 Super Bun or Assorted Cereal Assorted Juice	27 Breakfast Pizza or Assorted Cereal Fresh Fruit	28 Breakfast Burrito or Assorted Cereal Assorted Juice	29 French Toast Sticks w/Syrup or Assorted Cereal Fresh Fruit	30 Snack-n-Waffle or Assorted Cereal Assorted Juice

Choice of 1%, Skim or Low Fat Chocolate Milk Offered Daily

Student Price \$1.00, Reduced Price \$0.30

Apples are a great source of fiber

Protect cut apples from browning by dipping in one part citrus and three parts water

P Phytochemicals are contained in apples which have amazing health benefits

Lots of varieties are grown in the US; about 2500

Expect to wash a fresh apple with soap and water before eating

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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