

Menu

Duval County Public Schools BIC Menu February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Cereal Graham Crackers Milk	2 Super Bun Banana Milk	3 French Toast Sticks Peach Cup Milk	4 Sausage Sandwich Banana Milk	5 Waffle Orange Juice Milk
8 Cereal Graham Crackers Milk	9 Chicken Biscuit Raisins Milk	10 Banana Nut Muffin Yogurt Milk	11 French Toast Sticks Banana Milk	12 Breakfast Pizza Raisins Milk
15 No School	16 Super Bun Apple Juice Milk	17 French Toast Sticks Orange Juice Milk	18 Sausage Sandwich Apple Juice Milk	19 Waffle Orange Juice Milk
22 Cereal Graham Crackers Milk	23 Chicken Biscuit Banana Milk	24 Ham & Cheese Sandwich Orange Milk	25 French Toast Sticks Banana Milk	26 Breakfast Pizza Raisins Milk

Daily milk choices include 1% white and ½% chocolate milk

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Pineapple was discovered by Christopher Columbus
It's great to grill Pineapple slices with your chicken and fish
Newest and sweetest variety is called Golden Pineapple
Eat as soon as possible after buying
A Pineapple is a symbol of friendship and hospitality
Pull a leaf from the top to see if it is very ripe
Pick a Pineapple that has dark green leaves and is heavy in size
Low calorie snack with 60 calories for one fruit serving of 2 slices
Excellent source of vitamin C

