

# Menu

## Duval County Public Elementary Schools Breakfast Menu February 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Choice of 1 Pancake Cinnamon Oatmeal Super Bun Choice of 1 Apple Slices Orange Juice Choice of Milk	<b>2</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Raisins Apple Juice Choice of Milk	<b>3</b> Choice of 1 Waffles Blueberry Muffin Cinnamon Oatmeal Choice of 1 Applesauce Orange Pineapple Juice Choice of Milk	<b>4</b> Choice of 1 Banana Muffin Grilled Cheese Sandwich Cheese Grits Choice of 1 Banana Apple Juice Choice of Milk	<b>5</b> Choice of 1 French Toast Sticks Cereal w/Cinnamon Toast Cinnamon Oatmeal Choice of 1 Peaches Orange Juice Choice of Milk
<b>8</b> Choice of 1 Pancake Cinnamon Oatmeal Super Bun Choice of 1 Apple Slices Orange Juice Choice of Milk	<b>9</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Raisins Apple Juice Choice of Milk	<b>10</b> Choice of 1 Waffles Banana Muffin Cinnamon Oatmeal Choice of 1 Applesauce Orange Pineapple Juice Choice of Milk	<b>11</b> Choice of 1 Banana Muffin Grilled Cheese Sandwich Cheese Grits Choice of 1 Banana Apple Juice Choice of Milk	<b>12</b> Choice of 1 French Toast Sticks Cereal w/Cinnamon Toast Cinnamon Oatmeal Choice of 1 Peaches Orange Juice Choice of Milk
<b>15</b>  <b>No School</b>	<b>16</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Raisins Apple Juice Choice of Milk	<b>17</b> Choice of 1 Waffles Blueberry Muffin Cinnamon Oatmeal Choice of 1 Applesauce Orange Pineapple Juice Choice of Milk	<b>18</b> Choice of 1 Ham & Cheese Sandwich Grilled Cheese Sandwich Cheese Grits Choice of 1 Banana Apple Juice Choice of Milk	<b>19</b> Choice of 1 French Toast Sticks Cereal w/Cinnamon Toast Cinnamon Oatmeal Choice of 1 Peaches Orange Juice Choice of Milk
<b>22</b> Choice of 1 Pancake Cinnamon Oatmeal Super Bun Choice of 1 Apple Slices Orange Juice Choice of Milk	<b>23</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Raisins Apple Juice Choice of Milk	<b>24</b> Choice of 1 Waffles Blueberry Muffin Cinnamon Oatmeal Choice of 1 Applesauce Orange Pineapple Juice Choice of Milk	<b>25</b> Choice of 1 Ham & Cheese Sandwich Grilled Cheese Sandwich Cheese Grits Choice of 1 Banana Apple Juice Choice of Milk	<b>26</b> Choice of 1 French Toast Sticks Cereal w/Cinnamon Toast Cinnamon Oatmeal Choice of 1 Peaches Orange Juice Choice of Milk

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

Student Price \$1.00, Reduced Price \$0.30

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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

