

# MENU

## Duval County Public Schools Middle School Menu February 2010



Daily Sides Offered: tossed salad, lettuce/tomato sandwich topper, potato wedges, fresh fruit, 100% fruit juice punch, crackers



**FEATURED DAILY**  
Fresh Baked Cheese Pizza

### Rotating Daily Specials

Mondays - Meatlovers Pizza  
Tuesdays - Cheeseburger Pizza  
Wednesdays - Sausage Pizza  
Thursdays - Pepperoni Pizza  
Fridays - Pepperoni Pizza

BAKE features include: Entree, choice of up to 3 sides and lowfat milk

### February 1-5

- MON** Chicken Nuggets, dinner roll, seasoned carrots, chilled pears, tossed salad, lettuce/tomato sandwich topper, potato wedges, fresh apple, 100% fruit juice punch, crackers
- TUE** Spaghetti & Meatballs, garlic sticks, mixed vegetables, chilled peach cup, potato wedges, tossed salad, lettuce/tomato sandwich topper, orange, 100% fruit juice punch, crackers
- WED** Roast Turkey w/Cornbread Stuffing, dinner roll, sweet potatoes, apple slices, potato wedges, tossed salad, lettuce/tomato sandwich topper, banana, 100% fruit juice punch, crackers
- THU** Sloppy Joe, green beans, chilled pears, potato wedges, orange, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- FRI** Grilled Chicken Sandwich, apple oatmeal square, seasoned carrots, chilled mix fruit, apple, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers

### February 8-12

- MON** Chicken Parmesan w/Pasta, garlic sticks, mixed vegetables, chilled pears, tossed salad, lettuce/tomato sandwich topper, potato wedges, apple, 100% fruit juice punch, crackers
- TUE** BBQ Pork w/Rice, biscuits, green beans, chilled peach cup, potato wedges, tossed salad, lettuce/tomato sandwich topper, orange, 100% fruit juice punch, crackers
- WED** Country Steak w/Mac & Cheese, dinner roll, peas & carrots, apple slices, potato wedges, tossed salad, lettuce/tomato sandwich topper, banana, 100% fruit juice punch, crackers
- THU** Chicken Fajita w/ Rice, vegetarian beans, corn, applesauce, orange, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- FRI** Twin Grilled Cheese Sandwich's, tomato bisque soup, fresh carrot sticks, chilled mixed fruit, apple, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers

### February 15-19

- MON** No School
- TUE** Cheesy Chicken Broccoli, broccoli, chilled peach cup, cobbler cake, orange, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- WED** Spaghetti & Meatballs, garlic sticks, mixed vegetables, apple slices, banana, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- THU** Chicken Taco w/Rice, vegetarian beans, corn, chilled pears, orange, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- FRI** Country Steak w/Mashed Potato, dinner roll, green beans, chilled mixed fruit, apple, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers

### February 22-26

- MON** Spaghetti & Meatballs, garlic sticks, mixed vegetables, chilled pears, apple, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- TUE** BBQ Chicken w/Mac & Cheese, biscuits, vegetarian beans, peach crisp, orange, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- WED** Meatloaf w/Rice, dinner roll, peas & carrots, baked apple slices, banana, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- THU** Chicken Nuggets, dinner roll, seasoned carrots, applesauce, orange, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers
- FRI** Baked Cheesy Ziti, garlic sticks, green beans, chilled mix fruit, apple, potato wedges, tossed salad, lettuce/tomato sandwich topper, 100% fruit juice punch, crackers



### Grab & Go Assorted Packaged Sandwiches, Wraps & Salads

**Offered Daily**  
Ham & Cheese Sub  
Turkey & Cheese Sub  
Cheesy Garden Salad  
Cheeseburger  
Chicken Sandwich

**Rotating Specials:**  
Wednesdays - Turkey Chef Salad  
Thursdays - Ham Chef Salad  
Fridays - Chicken Garden Salad

TASTE & OUTTAKES features include: Entree, choice of up to 3 sides and lowfat milk

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

Student Price: \$2.00, Reduced \$ .40

In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited basis apply to all programs) To file a complaint of discrimination, write U.S.D.A., Director, Office of Civil Rights, Room 326-w, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TTD). U.S.D.A. is an equal opportunity provider and employer.



www.eatlearnlive.com