

Menu

Duval County Public Elementary Schools BIC Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Froot Loops Animal Crackers Milk	2 Sausage Breakfast Sandwich Yogurt Milk	3 Ham & Cheese Breakfast Sandwich Fruit Juice Punch Milk	4 Super Bun Banana Milk	5 Frosted Flakes Raisins Milk
8 Ham & Cheese Breakfast Sandwich Raisins Milk	9 Breakfast Pizza Apple Milk	10 Chicken Biscuit Raisins Milk	11 Sausage Breakfast Sandwich Banana Milk	12 Ham & Cheese Breakfast Sandwich Banana Milk
15 Chicken Biscuit Raisins Milk	16 Sausage Breakfast Sandwich Apple Milk	17 Ham & Cheese Breakfast Sandwich Raisins Milk	18 Super Bun Banana Milk	19 Strawberry Pop-Tart Banana Milk
22 Apple Jacks Animal Crackers Milk	23 Sausage Breakfast Sandwich Banana Milk	24 Chicken Biscuit Raisins Milk	25 Super Bun Banana Milk	26 Frosted Flakes Banana Milk
29 Froot Loops Animal Crackers Milk	30 Sausage Breakfast Sandwich Apple Milk	31 Ham & Cheese Breakfast Sandwich Raisins Milk		

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

Carotenoids are plant pigments that give carrots their orange color
 A great superfood for your eyes, skin and hair
 Rich in vitamin A, potassium, and fiber
 Raw carrots can be orange, purple, white, red or yellow
 Outstanding vegetable eaten raw, steamed, shredded as well as cut and baked as "carrot fries"
 Tops should be removed before storing



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