

# Menu

## Duval County Public Elementary Schools Breakfast Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Choice of 1 Pancake Cinnamon Oatmeal Super Bun Choice of 1 Baked Apple Slices Orange Juice Choice of Milk	<b>2</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Peaches Yogurt 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 Grilled Cheese Sandwich Cheese Grits Super Bun Choice of 1 Banana Apple Juice Choice of Milk	<b>5</b> Choice of 1 French Toast Sticks Cereal Cinnamon Oatmeal Choice of 1 Mixed Fruit Orange Juice Choice of Milk
<b>8</b> Choice of 1 Sausage Biscuit Cinnamon Oatmeal Super Bun Choice of 1 Baked 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 Chicken Breakfast Sandwich Super Bun Cinnamon Oatmeal Choice of 1 Applesauce Orange Pineapple Juice Choice of Milk	<b>11</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Banana Apple Juice Choice of Milk	<b>12</b> Choice of 1 Sausage Breakfast Slider Cereal Cinnamon Oatmeal Choice of 1 Mixed Fruit Orange Juice Choice of Milk
<b>15</b> Choice of 1 Sausage & Egg Biscuit Cinnamon Oatmeal Super Bun Choice of 1 Baked Apple Slices Orange Juice Choice of Milk	<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 Super Bun Grilled Cheese Sandwich Cheese Grits Choice of 1 Banana Apple Juice Choice of Milk	<b>19</b> Choice of 1 French Toast Sticks Cereal Cinnamon Oatmeal Choice of 1 Mix Fruit Orange Juice Choice of Milk
<b>22</b> Choice of 1 Pancake Cinnamon Oatmeal Super Bun Choice of 1 Baked 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 Chicken Breakfast 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 Cinnamon Oatmeal Choice of 1 Mixed Fruit Orange Juice Choice of Milk
<b>29</b> Choice of 1 Pancake Cinnamon Oatmeal Super Bun Choice of 1 Baked Apple Slices Orange Juice Choice of Milk	<b>30</b> Choice of 1 Breakfast Pizza Grilled Cheese Sandwich Cheese Grits Choice of 1 Raisins Apple Juice Choice of Milk	<b>31</b> Choice of 1 Waffles Blueberry Muffin Cinnamon Oatmeal Choice of 1 Applesauce Orange Pineapple Juice Choice of Milk	<b>1</b>	<b>2</b>

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

Student Price \$1.00, Reduced Price \$0.30

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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