

Menu

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

Duval County Public Elementary Schools Lunch Menu March 2010

Monday	Tuesday	Wednesday	Thursday	Friday
1 Choose One Mac & Cheese w/Ham Turkey & Cheese Sandwich Chicken Nuggets Choose up to 3 Garlic Sticks Mixed Vegetables Chilled Pears Fresh Fruit Choice of Milk	2 Choose One Cheeseburger Chicken Pot Pie Ham & Cheese Sandwich Choose up to 3 Tossed Salad w/Tomatoes Corn Chilled Mix Fruit Fresh Fruit Choice of Milk	3 Choose One Sliced Turkey Over Rice Chicken Patty Sandwich Uncrustable PB&J Choose up to 3 Dinner Roll Green Beans Peach Crisp Fresh Fruit Choice of Milk	4 Choose One Sloppy Joe Grilled Cheese Sandwich Turkey Chef Salad Choose up to 3 Tater Tots Carrot Sticks Applesauce Fresh Fruit Choice of Milk	5 Choose One Turkey & Cheese Bagel Melt Cheese Pizza Chicken Patty Sandwich Choose up to 3 Tossed Salad w/Tomatoes Peas and Carrots Peaches Fresh Fruit Choice of Milk
8 Choose One Chicken Parm over Pasta Chicken Nuggets Turkey & Cheese Sandwich Choose up to 3 Garlic Sticks Green Beans Applesauce Fresh Fruit Choice of Milk	9 Choose One BBQ Pork on Bun Cheeseburger Ham & Cheese Sandwich Choose up to 3 Tater Tots Tossed Salad w/Tomatoes Chilled Pears Fresh Fruit Choice of Milk	10 Choose One Country Steak w/Gravy Chicken Patty Sandwich Uncrustable PB&J Choose up to 3 Sweet Potatoes Dinner Roll Baked Apple Slices Fresh Fruit Choice of Milk	11 Choose One Chicken Fajita Wrap Grilled Cheese Sandwich Turkey Chef Salad Choose up to 3 Corn White Rice Chilled Mixed Fruit Fresh Fruit Choice of Milk	12 Choose One Ham & Cheese Bagel Melt Cheeseburger Cheese Pizza Choose up to 3 Carrot Sticks Broccoli Jell-O w/Fruit Fresh Fruit Choice of Milk
15 Choose One Mac & Cheese w/Ham Turkey & Cheese Sandwich Chicken Nuggets Choose up to 3 Dinner Roll Peas & Carrots Applesauce Fresh Fruit Choice of Milk	16 Choose One Spaghetti & Meat Sauce Cheeseburger Ham & Cheese Sandwich Choose up to 3 Garlic Sticks Green Beans Chilled Pears Fresh Fruit Choice of Milk	17 Choose One Sliced Turkey over Rice Chicken Patty Sandwich Uncrustable PB&J Choose up to 3 Dinner Roll Mixed Vegetables Peach Crisp Fresh Fruit Choice of Milk	18 Choose One Sloppy Joe Grilled Cheese Sandwich Turkey Chef Salad Choose up to 3 Tater Tots Tossed Salad w/Tomatoes Raisins Fresh Fruit Choice of Milk	19 Choose One Turkey & Cheese Bagel Melt Cheese Pizza Chicken Patty Sandwich Choose up to 3 Carrot Sticks Corn Baked Apple Slices Fresh Fruit Choice of Milk
22 Choose One Chicken Parm over Pasta Chicken Nuggets Turkey & Cheese Sandwich Choose up to 3 Garlic Sticks Broccoli Chilled Pears Fresh Fruit Choice of Milk	23 Choose One BBQ Pork Sandwich Ham & Cheese Sandwich Cheeseburger Choose up to 3 Tater Tots Carrot Sticks Chilled Mixed Fruit Fresh Fruit Choice of Milk	24 Choose One Country Steak w/Gravy Chicken Patty Sandwich Uncrustable PB&J Choose up to 3 Mashed Potatoes Green Beans Baked Apple Slices Fresh Fruit Choice of Milk	25 Choose One Chicken Fajita Wrap Grilled Cheese Sandwich Turkey Chef Salad Choose up to 3 White Rice Corn Peaches Fresh Fruit Choice of Milk	26 Choose One Ham & Cheese Bagel Melt Cheese Pizza Cheeseburger Choose up to 3 Tossed Salad w/Tomatoes Raisins Applesauce Fresh Fruit Choice of Milk
29 Choose One Mac & Cheese w/Ham Turkey & Cheese Sandwich Chicken Nuggets Choose up to 3 Garlic Sticks Seasoned Carrots Applesauce Fresh Fruit Choice of Milk	30 Choose One Beef Taco w/Lettuce & Cheese Cheeseburger Ham & Cheese Sandwich Choose up to 3 White Rice Corn Peaches Fresh Fruit Choice of Milk	31 Choose One Sliced Turkey over Rice Cheese Pizza Uncrustable PB&J Choose up to 3 Green Beans Oatmeal Square Muffin Chilled Mixed Fruit Fresh Fruit Choice of Milk	1	2

Daily milk choices include 1% white and 2% chocolate milk

Student Price: \$1.50, Reduced \$.40

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