

# Duval County Public High Schools Lunch Menu March 2010

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*Daily Sides Offered:* tossed salad w/tomatoes, lettuce/tomato sandwich topper, assorted fresh fruit, 100% fruit juice punch, crackers

## March 1-5

- MON** Chicken Nuggets over Rice, dinner roll, carrots, pears, tater tots
- TUE** Spaghetti & Meat Sauce, garlic sticks, mixed vegetables, peaches, tater tots
- WED** Sliced Turkey over Stuffing, dinner roll, sweet potatoes, baked apple slices, tater tots
- THU** Sloppy Joe, green beans, pears, tater tots
- FRI** Twin Grilled Cheese Sandwiches, tomato soup, carrot sticks, mixed fruit, tater tots

## March 8-12

- MON** Chicken Parm over Pasta, garlic sticks, mixed vegetables, pears, tater tots
- TUE** BBQ Pork over Rice, biscuit, green beans, peaches, tater tots
- WED** Country Steak over Potatoes, dinner roll, peas & carrots, baked apple slices, tater tots
- THU** Baked Cheesy Ziti, garlic sticks, broccoli, applesauce, tater tots
- FRI** Oven Fried Chicken over Rice, carrots, vegetable soup, mixed fruit, tater tots

## March 15-19

- MON** Mac & Cheese w/Ham, dinner roll, carrots, pears, tater tots
- TUE** Chicken Fajita over Rice, broccoli, peaches, vegetarian beans, tater tots
- WED** Tri Colored Pasta w/Meat Sauce, garlic sticks, mixed vegetables, baked apple slices, tater tots
- THU** Sloppy Joe, corn, pears, tater tots
- FRI** Twin Grilled Cheese Sandwiches, tomato soup, green beans, mixed fruit, tater tots

## March 22-26

- MON** Chicken Nuggets over Rice, dinner roll, mixed vegetables, pears, tater tots
- TUE** Baked Cheesy Ziti, garlic sticks, broccoli, peaches, tater tots
- WED** Country Steak over Potatoes, diner roll, peas & carrots, baked apple slices, tater tots
- THU** Beef-a-Roni, garlic sticks, carrots, applesauce, tater tots
- FRI** BBQ Chicken over Rice, green beans, vegetable soup, peach crisp, tater tots

## March 29-31

- MON** BBQ Pork over Rice, dinner roll, carrots, pears, tater tots
- TUE** Spaghetti & Meat Sauce, garlic sticks, mixed vegetables, peaches, tater tots
- WED** Sliced Turkey over Stuffing, dinner roll, sweet potatoes, baked apple slices, tater tots

## FEATURED DAILY

Fresh Baked Cheese & Pepperoni Pizza

### MARCH 1-5

- Monday - Meatlovers Pizza
- Tuesday - Cheeseburger Pizza
- Wednesday - Sausage Pizza
- Thursday - Pepperoni Pizza
- Friday - Chicken Parm Pizza

### MARCH 8-12

- Monday - Meatlovers Pizza
- Tuesday - Cheeseburger Pizza
- Wednesday - Sausage Pizza
- Thursday - Pepperoni Pizza
- Friday - Chicken Parm Pizza

### MARCH 15-19

- Monday - Meatlovers Pizza
- Tuesday - Cheeseburger Pizza
- Wednesday - Sausage Pizza
- Thursday - Pepperoni Pizza
- Friday - Chicken Parm Pizza

### MARCH 22-26

- Monday - Meatlovers Pizza
- Tuesday - Cheeseburger Pizza
- Wednesday - Sausage Pizza
- Thursday - Pepperoni Pizza
- Friday - Chicken Parm Pizza

### MARCH 29-31

- Monday - Meatlovers Pizza
- Tuesday - Cheeseburger Pizza
- Wednesday - Sausage Pizza

*Includes: Entrée, 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

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# Duval County Public High Schools

## Lunch Menu

March 2010

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



**Offered Daily:**

*Cheesy Garden Salad, Nachos & Cheese w/Jalapenos, Cheeseburger, Buffalo Chicken Sandwich, and Chicken Sandwich*

**Rotating Specials:**

MARCH 1-5

Monday – Turkey/Cheese Sub  
Tuesday – Turkey/Cheese Sub  
Wednesday – Turkey/Cheese Sub & Turkey Chef Salad  
Thursday – Turkey/Cheese Sub & Turkey Chef Salad  
Friday – Chicken Garden Salad & Turkey/Cheese Sub

MARCH 8-12

Monday – Turkey/Cheese Sub  
Tuesday – Turkey/Cheese Sub  
Wednesday – Turkey/Cheese Sub & Turkey Chef Salad  
Thursday – Turkey/Cheese Sub & Turkey Chef Salad  
Friday – Breaded Chicken Salad & Ham/Cheese Sub

MARCH 15-19

Monday – Turkey/Cheese Sub  
Tuesday – Turkey/Cheese Sub & Ham/Cheese Sub  
Wednesday – Turkey/Cheese Sub, Ham/Cheese Sub, Turkey Chef Salad  
Thursday – Turkey/Cheese Sub, Ham/Cheese Sub, Ham Chef Salad  
Friday – Turkey/Cheese Sub & Breaded Chicken Salad

MARCH 22-26

Monday – Turkey/Cheese Sub & Ham/Cheese Sub  
Tuesday – Turkey/Cheese Sub & Ham/Cheese Sub  
Wednesday – Turkey/Cheese Sub, Ham/Cheese Sub, Turkey Chef Salad  
Thursday – Turkey/Cheese Sub, Ham/Cheese Sub, Ham Chef Salad  
Friday – Breaded Chicken Salad & Ham/Cheese Sub

MARCH 29-31

Monday – Turkey/Cheese Sub  
Tuesday – Turkey/Cheese Sub  
Wednesday – Turkey/Cheese Sub & Turkey Chef Salad

*Includes: Entrée, choice of up to 3 sides and lowfat milk*

**All selections prepared on wheat bun  
Rotating Daily Specials listed below:**

March 1-5

MONDAY – BBQ Cheddar Onion Burger  
TUESDAY – Turkey & Cheese Bagel Melt  
WEDNESDAY – Chicken Wings  
THURSDAY – Grilled Cheese Sandwich  
FRIDAY – Grilled Ham & Cheese Sandwich

March 8-12

MONDAY – BBQ Cheddar Onion Burger  
TUESDAY – Turkey & Cheese Bagel Melt  
WEDNESDAY – Chicken Wings  
THURSDAY – Grilled Ham & Cheese Sandwich  
FRIDAY – Grilled Cheese Sandwich

March 15-19

MONDAY – BBQ Cheddar Onion Burger  
TUESDAY – Ham & Cheese Bagel Melt  
WEDNESDAY – Chicken Wings  
THURSDAY – Grilled Cheese Sandwich  
FRIDAY – Grilled Ham & Cheese Sandwich

March 22-26

MONDAY – BBQ Cheddar Onion Burger  
TUESDAY – Ham & Cheese Bagel Melt  
WEDNESDAY – Chicken Wings  
THURSDAY – Grilled Ham & Cheese Sandwich  
FRIDAY – Grilled Cheese Sandwich

March 29-31

MONDAY – BBQ Cheddar Onion Burger  
TUESDAY – Turkey & Cheese Bagel Melt  
WEDNESDAY – Chicken Wings

*Includes: Entrée, choice of up to 3 sides and lowfat 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

*This initiative is part of Chartwells continued commitment to the health & welfare of the students we serve. It is also an opportunity for us to contribute to the local economy. Our monthly locally grown menu features are indicated on the menu. (These items are provided as a sample only and may not indicate actual menu items that will be available locally in your area)*

