

Menu

Duval County Public Elementary Schools BIC Menu August-September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
23 Breakfast Muffin Orange Juice Milk	24 Sausage Breakfast Sandwich Apple Juice Milk	25 Breakfast Ham Slider Banana Milk	26 Chicken Breakfast Sandwich Fruit Blend Juice Milk	27 Waffle, Whole Grain Orange Juice Milk
30 Honey Nut Cheerios Orange Juice Milk	31 Breakfast Pizza Apple Juice Milk	1 Breakfast Muffin Banana Milk	2 Chicken Breakfast Sandwich Fruit Blend Juice Milk	3 Breakfast Ham Slider Orange Juice Milk

1% milk provided with BIC

Superfood for your brain
 Top berry variety in popularity
 Rate your favorite berry at home or in school for a fun activity
 About 200 tiny seeds on every strawberry
 Wash immediately before eating
 Brimming with vitamin C, potassium, fiber and folate
 Evidence suggests that 94% of US households eat strawberries
 Red fruits and vegetables help maintain a healthy heart
 Ripe strawberries will be deep red with fresh green intact caps
 Year after year they are the first fruit to ripen in the spring

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