

# Menu

## Duval County Public Elementary Schools Breakfast Menu August- September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>23</b> Choice of 1 Waffle Cinnamon/Brown Sugar Oatmeal Choice of 1 Scrambled Eggs Rosy Applesauce Choice of Milk	<b>24</b> Choice of 1 Cinnamon/Brown Sugar Oatmeal Scrambled Eggs/Grits Choice of 1 Orange Juice Toast Choice of Milk	<b>25</b> Choice of 1 Cereal Breakfast Muffin Choice of 1 Cheesy Eggs Banana Choice of Milk	<b>26</b> Choice of 1 Cheesy Eggs Cinnamon/Brown Sugar Oatmeal Choice of 1 Breakfast Muffin Chilled Pears Choice of Milk	<b>27</b> Choice of 1 French Toast Sticks Cinnamon/Brown Sugar Oatmeal Choice of 1 Sausage Link Baked Apple Slices Choice of Milk
<b>30</b> Choice of 1 Scrambled Eggs w/Grits Cinnamon/Brown Sugar Oatmeal Choice of 1 Toast Chilled Peaches Choice of Milk	<b>31</b> Choice of 1 Egg & Cheese Sandwich Pancakes Choice of 1 Grits Fruit Blend Juice Choice of Milk	<b>1</b> Choice of 1 Sausage Slider Cinnamon/Brown Sugar Oatmeal Choice of 1 Cheese Grits Banana Choice of Milk	<b>2</b> Choice of 1 Scrambled Eggs Cinnamon/Brown Sugar Oatmeal Choice of 1 Breakfast Muffin Chilled Mixed Fruit Choice of Milk	<b>3</b> Choice of 1 Grits Breakfast Pizza Choice of 1 Scrambled Eggs Rosy Applesauce Choice of Milk

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

Student Price \$1.00, Reduced Price \$0.30

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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