

Menu

Duval County Public Schools Elementary Lunch Menu August-September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<p>23</p> <p><u>Choose One</u> Turkey & Cheese on Bun Hamburger on Bun PBJ Sandwich</p> <p><u>Choose up to 3</u> Baby Carrots Steamed Vegetables Fruit Jello Choice of Milk</p>	<p>24</p> <p><u>Choose One</u> Beef Taco Pie Grilled Cheese Sandwich Cheesy Baked Potato</p> <p><u>Choose up to 3</u> Steamed Broccoli Steamed Corn Rosy Applesauce Choice of Milk</p>	<p>25</p> <p><u>Choose One</u> Mac & Cheese Chicken Nuggets over Rice BBQ Pork Riblet Slider</p> <p><u>Choose up to 3</u> Steamed Green Beans Cherry Jell-o Fresh Cantaloupe Choice of Milk</p>	<p>26</p> <p><u>Choose One</u> Country Steak w/Gravy Cheese Quesadilla Ham & Cheese on a Bun</p> <p><u>Choose up to 3</u> Steamed Rice Steamed Carrots Fresh Watermelon Choice of Milk</p>	<p>27</p> <p><u>Choose One</u> Cheesy Garden Salad Breaded Chicken Patty on Bun Cheese Pizza</p> <p><u>Choose up to 3</u> Tossed Salad w/Carrots Steamed Vegetables Fruit Jello Choice of Milk</p>
<p>30</p> <p><u>Choose One</u> Cheesy Chicken Broccoli PBJ Sandwich Ham & Cheese on Bun</p> <p><u>Choose up to 3</u> Steamed Peas and Carrots Tossed Salad w/carrots Chilled Peaches Choice of Milk</p>	<p>31</p> <p><u>Choose One</u> Meatloaf Chicken Patty Sandwich Cheese Pizza</p> <p><u>Choose up to 3</u> Mashed Potato Steamed Broccoli Chilled Peaches Choice of Milk</p>	<p>1</p> <p><u>Choose One</u> Spaghetti & Meat Sauce Baked Chicken Nuggets Cheese Quesadilla</p> <p><u>Choose up to 3</u> Steamed Green Beans Tossed Salad w/carrots Fresh Watermelon Choice of Milk</p>	<p>2</p> <p><u>Choose One</u> Turkey Taco Cheesy Garden Salad Ham & Cheese Melt</p> <p><u>Choose up to 3</u> Fiesta Rice Steamed Corn Fresh Cantaloupe Choice of Milk</p>	<p>3</p> <p><u>Choose One</u> BBQ Pork over Rice Cheese Pizza Hamburger on a Bun</p> <p><u>Choose up to 3</u> Tater Tots Steamed Vegetables Fruit Jello Choice of Milk</p>

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

Student Price \$1.50, Reduced Price \$0.40

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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