

MENU

Duval County Public Schools High School Menu August- September 2010

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Students may choose any three side choices provided for that day and low fat milk

August 23-27

- MON** Beef Taco Pie, steamed carrots, steamed corn, chilled pears
- TUE** Chicken Nuggets over Rice, steamed vegetables, tossed salad w/carrots, rosy applesauce, fruit blend juice
- WED** Mac & Cheese w/Ham and a /Roll, steamed peas and carrots, watermelon, fruit blend
- THU** Country Steak w/Gravy, steamed rice, steamed green beans, fresh cantaloupe, tossed salad with carrots
- FRI** Oven Fried Chicken over Rice, mashed potatoes, fruit jello, steamed corn, tossed salad w/carrots

August 30- September 3

- MON** Hotdog, mixed vegetables, tossed salad w/carrots, rosy applesauce, fruit blend juice
- TUE** Meatloaf, mashed potato, steamed green beans, fruit jello, fruit blend juice,
- WED** Spaghetti & Meat-sauce, steamed broccoli, garlic toast sticks, tossed salad w/carrots, fresh cantaloupe
- THU** Turkey Taco w/ a side choice of lettuce/cheese cup, fiesta rice, steamed corn, fresh watermelon
- FRI** BBQ Pork over Rice, steamed vegetables, tater tots, cherry jell-o



Featuring Fresh Baked Pizza Daily

Crust & Stuff features include Entree, choice of up to 3 sides and low fat milk

	August 23-27	Aug. 30-Sept.3
Monday	Cheese	Cheese
Tuesday	Pepperoni	Cheeseburger
Wed.	Cheese	Cheese
Thurs.	Pepperoni	Pepperoni
Friday	Cheese	Cheese



Grab & Go Assorted Packaged Sandwiches, Wraps & Salads

OUTTAKES features include: Entree, choice of up to 3 sides and lowfat milk.

Rotating Special for August 23-27

- Monday-Breaded Chicken Patty on a Bun
- Tuesday-Cheesy Garden Salad
- Wednesday-Turkey Chef Salad
- Thursday-Cheesy Garden Salad
- Friday-Turkey & Cheese Sub

Rotating Specials for August.30- September 3

- Monday-Turkey & Cheese Sub
- Tuesday-Chicken Patty Sandwich
- Wednesday-Chicken Fajita Salad
- Thursday-Cheesy Garden Salad
- Friday- Ham & Cheese Sub w/a side choice of lettuce/tomato topper

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

Student Price: \$2.00, reduced \$.40

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Rotating Daily Special listed below:

August 23-27

- Monday – Cheeseburger on a Bun w/ a side choice of lettuce/tomato topper
- Tuesday – Turkey & Cheese Melt
- Wednesday – Turkey & Cheese Sub Sub w/ a side choice of lettuce/tomato topper
- Thursday – Grilled Cheese Sandwich
- Friday – Breaded Chicken Patty on Bun

August 30-September 3

- Monday – BBQ Cheddar Burger
- Tuesday – Grilled Cheese Sandwich
- Wednesday – Turkey & Cheese Melt
- Thursday – Breaded Chicken Patty on Bun
- Friday – Cheeseburger on a Bun w/ a side choice of lettuce/tomato topper

Super food 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 foliate

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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