

Menu

Duval County Public Schools Secondary Breakfast Menu August- September 2010

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

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

Student Price \$1.25, 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

In accordance with Federal Law and U.S. Department of Agriculture Policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited basis apply to all programs) To file a complaint of discrimination, write U.S.D.A., Director, Office of Civil Rights, Room 326-w, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TTD). U.S.D.A. is an equal opportunity provider and employer.

