

Menu

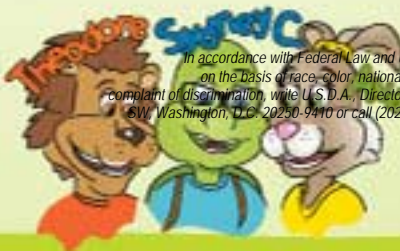
Duval County Public Elementary Schools Breakfast Menu September 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|--|--|--|
| 6 No School Labor Day | 7 Choice of 1 Egg & Cheese Sandwich Pancakes Choice of 1 Grits Fruit Blend Juice Choice of Milk | 8 Choice of 1 Chicken Breakfast Sandwich Cinn/Brown Sugar Oatmeal Choice of 1 Cheese Grits Banana Choice of Milk | 9 Choice of 1 Waffle Cinn/Brown Sugar Oatmeal Choice of 1 Scrambled Eggs Rosy Applesauce Choice of Milk | 10 Choice of 1 Scrambled Eggs/Grits Cinn/Brown Sugar Oatmeal Choice of 1 Toast Chilled Peaches Choice of Milk |
| 13 Choice of 1 Waffle Cinn/Brown Sugar Oatmeal Choice of 1 Scrambled Eggs Rosy Applesauce Choice of Milk | 14 Choice of 1 Cinn/Brown Sugar Oatmeal Scrambled Eggs/Grits Choice of 1 Fruit Blend Juice Toast Choice of Milk | 15 Choice of 1 Cereal Breakfast Muffin Choice of 1 Cheesy Eggs Banana Choice of Milk | 16 Choice of 1 Cheesy Eggs Oatmeal/Brown Sugar Choice of 1 Breakfast Muffin Chilled Pears Choice of Milk | 17 Choice of 1 French Toast Sticks Cinn/Brown Sugar Oatmeal Choice of 1 Sausage Link Baked Apples Choice of Milk |
| 20 Choice of 1 Scrambled Eggs/Grits Cinn/Brown Sugar Oatmeal Choice of 1 Toast Chilled Peaches Choice of Milk | 21 Choice of 1 Egg & Cheese Sandwich Pancakes Choice of 1 Grits Fruit Blend Juice Choice of Milk | 22 Choice of 1 Sausage Slider Cinn/Brown Sugar Oatmeal Choice of 1 Cheese Grits Banana Choice of Milk | 23 Choice of 1 Scrambled Eggs w/Toast Cinn/Brown Sugar Oatmeal Choice of 1 Breakfast Muffin Chilled Mixed Fruit Choice of Milk | 24 Choice of 1 Grits Breakfast Pizza Choice of 1 Scrambled Eggs Rosy Applesauce Choice of Milk |
| 27 Choice of 1 French Toast Sticks Cinn/Brown Sugar Oatmeal Choice of 1 Sausage Link Baked Apple Slices Choice of Milk | 28 Choice of 1 Egg & Cheese Sandwich Pancakes Choice of 1 Grits Fruit Blend Juice Choice of Milk | 29 Choice of 1 Chicken Breakfast Sandwich Cinn/Brown Sugar Oatmeal Choice of 1 Cheese Grits Banana Choice of Milk | 30 Choice of 1 Waffle Cinn/Brown Sugar Oatmeal 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



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 TDD). U.S.D.A. is an equal opportunity provider and employer.

Chartwells
 Eat · Learn · Live