

# Menu

## Duval County Public Schools Elementary Lunch Menu September 2010

Monday	Tuesday	Wednesday	Thursday	Friday
<b>6</b> <b>No School</b> <b>Labor Day</b>	<b>7</b> <b>Choose One</b> Chicken Taco Grilled Cheese Sandwich Turkey & Cheese on a Bun <b>Choose up to 3</b> White Rice Steamed Broccoli Jello w/Fruit <b>Choice of Milk</b>	<b>8</b> <b>Choose One</b> Cheesy Baked Ziti w/Meatsauce Baked Chicken Nuggets Uncrustable PBJ <b>Choose up to 3</b> Steamed Green Beans Tossed Salad w/carrots Orange <b>Choice of Milk</b>	<b>9</b> <b>Choose One</b> BBQ Chicken Beef Nachos Ham & Cheese on a Bun <b>Choose up to 3</b> Baby Carrots Dinner Rolls Orange <b>Choice of Milk</b>	<b>10</b> <b>Choose One</b> Chicken Fajita Salad Cheese Pizza Hamburger on a Bun <b>Choose up to 3</b> Tater Tots Steamed Vegetables Orange Jello <b>Choice of Milk</b>
<b>13</b> <b>Choose One</b> Turkey & Cheese on Bun Chicken Nuggets over Rice Uncrustable PBJ <b>Choose up to 3</b> Baby Carrots Steamed Vegetables Jello w/Fruit <b>Choice of Milk</b>	<b>14</b> <b>Choose One</b> Beef Taco Pie Grilled Cheese Sandwich Cheesy Baked Potato <b>Choose up to 3</b> Steamed Broccoli Corn Rosy Applesauce <b>Choice of Milk</b>	<b>15</b> <b>Choose One</b> Mac & Cheese Entree Hamburger on Bun BBQ Pork Riblet Sandwich <b>Choose up to 3</b> Steamed Green Beans Cherry Jello Orange <b>Choice of Milk</b>	<b>16</b> <b>Choose One</b> Country Steak w/Gravy Cheese Quesadilla Ham & Cheese on a Bun <b>Choose up to 3</b> Steamed Rice Carrots Orange <b>Choice of Milk</b>	<b>17</b> <b>Choose One</b> Cheesy Garden Salad Chicken Patty Sandwich Cheese Pizza <b>Choose up to 3</b> Tossed Salad w/Carrots Steamed Vegetables Jello w/Fruit <b>Choice of Milk</b>
<b>20</b> <b>Choose One</b> Cheesy Chicken Broccoli Uncrustable PBJ Ham & Cheese on Bun <b>Choose up to 3</b> Seasoned Peas and Carrots Tossed Salad w/carrots Chilled Peas <b>Choice of Milk</b>	<b>21</b> <b>Choose One</b> Meatloaf Chicken Patty Sandwich Cheese Pizza <b>Choose up to 3</b> Mashed Potato Steamed Broccoli Chilled Peaches <b>Choice of Milk</b>	<b>22</b> <b>Choose One</b> Spaghetti & Meat Sauce Baked Chicken Nuggets Cheese Quesadilla <b>Choose up to 3</b> Steamed Green Beans Tossed Salad w/carrots Orange <b>Choice of Milk</b>	<b>23</b> <b>Choose One</b> Turkey Taco w/ Lettuce & Cheese Cup Cheesy Garden Salad Ham & Cheese Melt <b>Choose up to 3</b> Fiesta Rice Steamed Corn Orange <b>Choice of Milk</b>	<b>24</b> <b>Choose One</b> BBQ Pork over Rice Cheese Pizza Hamburger on a Bun <b>Choose up to 3</b> Tater Tots Steamed Vegetables Jello w/Fruit <b>Choice of Milk</b>
<b>27</b> <b>Choose One</b> Turkey & Cheese Melt Hotdog Sloppy Joe <b>Choose up to 3</b> Vegetarian Beans Tater Tots Chilled Peaches <b>Choice of Milk</b>	<b>28</b> <b>Choose One</b> Chicken Taco Grilled Cheese Sandwich Turkey & Cheese on a Bun <b>Choose up to 3</b> White Rice Steamed Broccoli Jello w/Fruit <b>Choice of Milk</b>	<b>29</b> <b>Choose One</b> Cheesy Baked Ziti w/Meatsauce Baked Chicken Nuggets Uncrustable PBJ <b>Choose up to 3</b> Steamed Green Beans Tossed Salad w/carrots Orange <b>Choice of Milk</b>	<b>30</b> <b>Choose One</b> BBQ Chicken Beef Nachos Ham & Cheese on a Bun <b>Choose up to 3</b> Baby Carrots Dinner Rolls Orange <b>Choice of Milk</b>	

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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