

# Menu

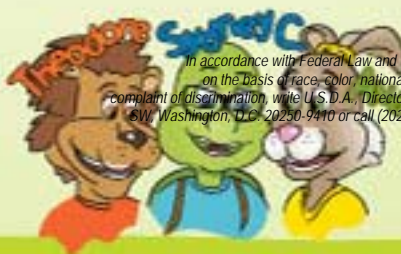
## Duval County Public Schools Secondary Breakfast Menu September 2010

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

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



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