



## Duval County Public Schools ELEMENTARY Lunch Menu February 2012 Student price \$1.60 Reduced price \$0.40

**Our Award-Winning Chartwells Balanced Choices® Meal Program** highlights calorically appropriate, nutritious meals designed to meet the unique protein, vitamin, mineral, and fiber needs of students while being lower in sodium and unhealthy fats. Look for signs and icons in the cafeteria to help you select a Balanced Choices Meal!

Questions or comments?  
Please call (904) 732-5117

Monday	Tuesday	Wednesday	Thursday	Friday
30 <b>Choose One</b> Cheesy Chicken Broccoli Bake & a Roll Ham & Cheese on a Bun Uncrustable <b>Choose up to 3</b> Fresh Baby Carrots Tangy Bean Salad Apple Crisp <b>Choice of Milk</b>	31 <b>Choose One</b> Beef Taco Pie Chicken Patty on a Bun Cheese Pizza <b>Choose up to 3</b> Refried Beans Steamed Peas Chilled Mixed Fruit <b>Choice of Milk</b>	1 <b>Choose One</b> Macaroni and Cheese & a Roll Turkey & Cheese on a Bun Uncrustable <b>Choose up to 3</b> Steamed Broccoli Sweet Potato Soufflé Fresh Apple <b>Choice of Milk</b>	2 <b>Choose One</b> Chicken Nuggets over Rice Cheesy Baked Potato Chicken Fajita Wrap <b>Choose up to 3</b> Vegetarian Beans Steamed Corn Fresh Orange <b>Choice of Milk</b>	3 <b>Choose One</b> Kickin Chicken Soup & Cheese Quesadilla Hamburger on a Bun Cheesy Garden Salad <b>Choose up to 3</b> Tossed Salad Mashed Potatoes Fresh Banana <b>Choice of Milk</b>
6 <b>Choose One</b> Mexican Lasagna Hamburger on a Bun Ham & Cheese Sandwich <b>Choose up to 3</b> Tater Tots Peas and Carrots Apple Crisp <b>Choice of Milk</b>	7 <b>Choose One</b> Turkey Taco with Lettuce & Cheese Cup Turkey & Cheese on a Bun Uncrustable <b>Choose up to 3</b> Refried Beans Fiesta Rice Jello with Fruit <b>Choice of Milk</b>	8 <b>Choose One</b> Spaghetti & Meat Sauce Chicken Patty on a Bun Cheesy Garden Salad <b>Choose up to 3</b> Steamed Peas Cheesy Garlic Sticks Fresh Orange <b>Choice of Milk</b>	9 <b>Choose One</b> Cajun Chicken Pasta & Dinner Roll Uncrustable Turkey & Cheese Sandwich <b>Choose up to 3</b> Mashed Potatoes Tangy Bean Salad Fresh Apple <b>Choice of Milk</b>	10 <b>Choose One</b> Chicken Fajita with Rice Cheese Pizza Chicken Patty on a Bun <b>Choose up to 3</b> Refried Beans Steamed Corn Fresh Banana <b>Choice of Milk</b>
13 <b>Choose One</b> Chicken Parmesan Uncrustable Hamburger on a Bun <b>Choose up to 3</b> Steamed Peas Pasta with Tomato Sauce Chilled Mixed Fruit <b>Choice of Milk</b>	14 <b>Choose One</b> Asian Chicken & Vegetables with Rice Turkey & Cheese Sandwich Chicken Patty on a Bun <b>Choose up to 3</b> Tangy Bean Salad Sweet Potato Soufflé Jell-O with Fruit <b>Choice of Milk</b>	15 <b>Choose One</b> Meatball Sub Grilled Cheese Sandwich Ham and Cheese on a Bun <b>Choose up to 3</b> Fresh Baby Carrots Tater Tots Fresh Apple <b>Choice of Milk</b>	16 <b>Choose One</b> Baked Chicken Alfredo & Dinner Roll BBQ Pork Riblet Sandwich Cheesy Baked Potato <b>Choose up to 3</b> Steamed Broccoli Steamed Peas Fresh Orange <b>Choice of Milk</b>	17 <b>Choose One</b> Chicken Nuggets over Rice Cheese Quesadilla Chicken Fajita Wrap <b>Choose up to 3</b> Peas & Carrots Steamed Corn Fresh Banana <b>Choice of Milk</b>
20 <b>No School</b>	21 <b>Choose One</b> Chicken Soft Tacos Grilled Cheese Sandwich Hamburger on a Bun <b>Choose up to 3</b> Refried Beans Fresh Baby Carrots Jell-O with Fruit <b>Choice of Milk</b>	22 <b>Choose One</b> Cheesy Baked Ziti with Meat Sauce & a Roll Fish Nuggets Uncrustable <b>Choose up to 3</b> Steamed Green Beans Sweet Potato Soufflé Fresh Orange <b>Choice of Milk</b>	23 <b>Choose One</b> Mexican Rice Bowl Chicken Patty on a Bun Grilled Cheese Sandwich <b>Choose up to 3</b> Pinto Beans Steamed Broccoli Fresh Apple <b>Choice of Milk</b>	24 <b>Choose One</b> Cheesy Beef Nachos Chicken Fajita Wrap Uncrustable <b>Choose up to 3</b> Peas and Carrots Apple Crisp Fresh Banana <b>Choice of Milk</b>
27 <b>Choose One</b> Cheesy Chicken Broccoli Bake & a Roll Ham & Cheese on a Bun Uncrustable <b>Choose up to 3</b> Fresh Baby Carrots Tangy Bean Salad Apple Crisp <b>Choice of Milk</b>	28 <b>Choose One</b> Beef Taco Pie Chicken Patty on a Bun Cheese Pizza <b>Choose up to 3</b> Refried Beans Steamed Peas Chilled Mixed Fruit <b>Choice of Milk</b>	29 <b>Choose One</b> Macaroni and Cheese & a Roll Turkey & Cheese on a Bun Uncrustable <b>Choose up to 3</b> Steamed Broccoli Sweet Potato Soufflé Fresh Apple <b>Choice of Milk</b>	1 <b>Choose One</b> Chicken Nuggets over Rice Cheesy Baked Potato Chicken Fajita Wrap <b>Choose up to 3</b> Vegetarian Beans Corn on the Cob Fresh Orange <b>Choice of Milk</b>	2 <b>Choose One</b> Kickin Chicken Soup & Cheese Quesadilla Hamburger on a Bun Cheesy Garden Salad <b>Choose up to 3</b> Tossed Salad Mashed Potatoes Fresh Banana <b>Choice of Milk</b>



Go to [choosemyplate.gov](http://choosemyplate.gov) for online personal wellness resources for you and your family.