



Duval County Public Schools K - 8 Lunch Menu February 2012

K-5 Student price \$1.60 Reduced price \$0.40
6-8 Student price \$2.10 Reduced price \$0.40

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

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!

Monday	Tuesday	Wednesday	Thursday	Friday
30 Choose One Cheesy Chicken Broccoli Bake & Roll Cheese Pizza Cheeseburger on a Bun Chicken Patty on a Bun Choose up to 3 Fresh Baby Carrots Steamed Corn Apple Crisp Vegetarian Beans Choice of Milk	31 Choose One Beef Taco Pie Pepperoni Pizza Turkey & Cheese Sandwich Chicken Fajita Wrap Choose up to 3 Refried Beans Fiesta Rice Chilled Mixed Fruit Chilled Pears Choice of Milk	1 Choose One Macaroni and Cheese & a Roll Cheese Pizza Ham & Cheese Sub Chicken Patty on a Bun Choose up to 3 Steamed Broccoli Tossed Salad Chilled Mixed Fruit Fresh Apple Choice of Milk	2 Choose One Chicken Nuggets over Rice Pepperoni Pizza Grilled Cheese Sandwich Turkey Chef Salad Choose up to 3 Fresh Baby Carrots Steamed Peas Vegetarian Beans Fresh Orange Choice of Milk	3 Choose One Kickin Chicken Soup & Cheese Quesadilla Hamburger on a Bun Turkey & Cheese Sub Cheese Pizza Choose up to 3 Tater Tots Steamed Peas and Carrots Jello with Fruit Chilled Sliced Peaches Choice of Milk
6 Choose One Mexican Lasagna Cheese Pizza Hamburger on a Bun Ham & Cheese on a Bun Choose up to 3 Baked Tater Tots Fresh Baby Carrots 100% Fruit Blend Juice Chilled Pears Choice of Milk	7 Choose One Turkey Taco with Lettuce & Cheese Cup Pepperoni Pizza Chicken Patty on a Bun Cheesy Garden Salad Choose up to 3 Fiesta Rice Refried Beans Vegetable Blend Chilled Mixed Fruit Choice of Milk	8 Choose One Spaghetti with Meat Sauce Cheese Pizza Turkey & Cheese Sandwich Chicken Fajita Wrap Choose up to 3 Steamed Peas Cheesy Garlic Sticks Sweet Potato Soufflé Fresh Orange Choice of Milk	9 Choose One Cajun Chicken Pasta & Dinner Roll Pepperoni Pizza Chicken Patty on a Bun Ham Chef Salad Choose up to 3 Mashed Potatoes Steamed Broccoli Fresh Apple 100% Fruit Blend Juice Choice of Milk	10 Choose One Chicken Fajita with Rice Cheese Pizza Grilled Cheese Sandwich Cheeseburger on a Bun Choose up to 3 Tangy Bean Salad Steamed Corn Apple Crisp Fresh Banana Choice of Milk
13 Choose One Chicken Parmesan Cheese Pizza Cheeseburger on a Bun Chicken Patty on a Bun Choose up to 3 Steamed Carrots Spaghetti Noodles Chilled Mixed Fruit Steamed Green Beans Choice of Milk	14 Choose One Asian Chicken & Vegetables with Rice Pepperoni Pizza Turkey & Cheese Sandwich Turkey Chef Salad Choose up to 3 Steamed Peas & Carrots Baked Tater Tots 100% Fruit Blend Juice Chilled Pears Choice of Milk	15 Choose One Meatball Sub Cheese Pizza Cheeseburger on a Bun Chicken Patty on a Bun Choose up to 3 Tangy Bean Salad Tossed Salad Jello with Fruit Fresh Apple Choice of Milk	16 Choose One Chicken Alfredo Bake & Dinner Roll Pepperoni Pizza Grilled Cheese Sandwich BBQ Pork Riblet Sandwich Choose up to 3 Steamed Broccoli Steamed Peas Steamed Corn Fresh Orange Choice of Milk	17 Choose One Hotdog on a Bun Cheese Pizza Chicken Fajita Wrap Turkey & Cheese Sub Choose up to 3 Baked Tater Tots Steamed Green Beans Chilled Mixed Fruit Apple Crisp Choice of Milk
20 No School	21 Choose One Chicken Soft Tacos Pepperoni Pizza Grilled Cheese Sandwich Chicken Patty on a Bun Choose up to 3 Vegetable Blend Vegetarian Beans 100% Fruit Blend Juice Jell-o with Fruit Choice of Milk	22 Choose One Cheesy Baked Ziti with Meat Sauce and a Roll Cheese Pizza Ham & Cheese on a Bun Chicken Fajita Wrap Choose up to 3 Sweet Potato Soufflé Steamed Peas Fresh Baby Carrots Fresh Apple Choice of Milk	23 Choose One Mexican Rice Bowl Pepperoni Pizza Chicken Patty on a Bun Turkey Chef Salad Choose up to 3 Refried Beans Steamed Broccoli Jello with Fruit Fresh Orange Choice of Milk	24 Choose One Cheesy Beef Nachos Cheese Pizza Cheeseburger on a Bun Turkey and Cheese on a Bun Choose up to 3 Chilled Mixed Fruit Steamed Carrots Steamed Corn Apple Crisp Choice of Milk
27 Choose One Cheesy Chicken Broccoli Bake & Roll Cheese Pizza Cheeseburger on a Bun Chicken Patty on a Bun Choose up to 3 Fresh Baby Carrots Steamed Corn Apple Crisp Vegetarian Beans Choice of Milk	28 Choose One Beef Taco Pie Pepperoni Pizza Turkey & Cheese Sandwich Chicken Fajita Wrap Choose up to 3 Refried Beans Fiesta Rice Chilled Mixed Fruit Chilled Pears Choice of Milk	29 Choose One Macaroni and Cheese & a Roll Cheese Pizza Ham & Cheese Sub Chicken Patty on a Bun Choose up to 3 Steamed Broccoli Tossed Salad Chilled Mixed Fruit Fresh Apple Choice of Milk	1 Choose One Chicken Nuggets over Rice Pepperoni Pizza Grilled Cheese Sandwich Turkey Chef Salad Choose up to 3 Fresh Baby Carrots Steamed Peas Vegetarian Beans Fresh Orange Choice of Milk	2 Choose One Kickin Chicken Soup & Cheese Quesadilla Hamburger on a Bun Turkey & Cheese Sub Cheese Pizza Choose up to 3 Tater Tots Steamed Peas and Carrots Jello with Fruit Chilled Sliced Peaches Choice of Milk



Go to choosemyplate.gov for online personal wellness resources for you and your family.