



Duval County Public Schools
Student lunch \$2.10 Reduced price \$0.40

Middle School Lunch Menu

February 2012



Meal Includes: Entrée, choice of 3 sides, & choice of milk

January 30- February 3

MON	Cheesy Chicken Broccoli Bake , fresh baby carrots, steamed corn, apple crisp, vegetarian beans
TUES	Beef Taco Pie , fiesta rice, refried beans, chilled mixed fruit, cornbread
WED	Macaroni & Cheese with Ham and a Roll , steamed broccoli, fresh apple, sweet potato soufflé, vegetarian beans
THUR	Chicken Nuggets over Rice , tater tots, steamed corn, chocolate cake, fresh orange
FRI	Kickin Chicken Soup & Cheese Quesadilla , mashed potatoes, jello with fruit, apple cinnamon muffin, steamed peas

February 6-10

MON	Mexican Lasagna , steamed corn, baked tater tots, baked apple slices, steamed peas
TUES	Turkey Taco with Lettuce & Cheese Cup , steamed broccoli, refried beans, fiesta rice, jello with fruit
WED	Spaghetti & Meat Sauce , steamed peas, cheesy garlic sticks, sweet potato soufflé, fresh orange
THUR	Cajun Chicken Pasta & Roll , mashed potatoes, vegetarian beans, fresh apple, Cool Tropics slushie
FRI	Chicken Fajita with Rice , steamed corn, apple crisp, tangy bean salad, fresh banana

February 13-17

MON	Chicken Parmesan , steamed carrots, pasta, chilled mixed fruit, tangy bean salad
TUES	Asian Chicken & Vegetables with Rice , steamed corn, steamed peas & carrots, chilled pears, Cool Tropics slushie
WED	Meatball Sub , steamed green beans, fresh apple, steamed peas, baked tater tots
THUR	Chicken Alfredo Bake & Roll , steamed broccoli, vegetable blend, sweet potato soufflé, fresh orange
FRI	Hotdog on a Bun (2) , vegetarian beans, jello with fruit, apple crisp, mashed potatoes

February 20-24

MON	No School
TUES	Chicken Tacos , refried beans, steamed rice, jello with fruit, Cool Tropics slushie
WED	Cheesy Baked Ziti with Meat Sauce & Roll , sweet potato soufflé, steamed peas, tossed salad, fresh orange
THUR	Mexican Rice Bowl , pinto beans, steamed corn, steamed peas, fresh apple
FRI	Cheesy Beef Nachos , chilled mixed fruit, peas and carrots, tater tots, apple crisp

February 27- March 2

MON	Cheesy Chicken Broccoli Bake , fresh baby carrots, steamed corn, apple crisp, vegetarian beans
TUES	Beef Taco Pie , fiesta rice, refried beans, chilled mixed fruit, cornbread
WED	Macaroni & Cheese with Ham & Roll , steamed broccoli, fresh apple, sweet potato soufflé, vegetarian beans
THUR	Chicken Nuggets over Rice , tater tots, steamed corn, chocolate cake, fresh orange
FRI	Kickin Chicken Soup & Cheese Quesadilla , mashed potatoes, jello with fruit, apple cinnamon muffin, steamed peas



MON	Cheese Pizza
TUES	Pepperoni Pizza
WED	Cheese Pizza
THUR	Pepperoni Pizza
FRI	Cheese Pizza

Includes: Entrée, choice of 3 sides, & choice of milk



MON	Cheeseburger on a Bun, Chicken Patty on a Bun
TUES	Cheeseburger on a Bun, Chicken Patty on a Bun
WED	Hotdog on a Bun (2), Chicken Patty on a Bun
THUR	Cheeseburger on a Bun, Chicken Patty on a Bun
FRI	Cheeseburger on a Bun, Chicken Patty on a Bun

Includes: Entrée, choice of 3 sides, & choice of milk



MON	Ham & Cheese Sub
TUES	Turkey Chef Salad
WED	Chicken Fajita Wrap
THUR	Grilled Cheese Sandwich
FRI	Cheesy Garden Salad

Includes: Entrée, choice of 3 sides, & choice of milk



An asterisk(*) denotes components of Balanced Choices meals that meet strict nutrient parameters for calories, fat, saturated fat, cholesterol, fiber, sodium, and other key nutrients. All Balanced Choices meals include a choice of 1% or less milk.

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. To file a complaint of discrimination, write USDA, Director, Office of Adjudication, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call toll free