



Duval County Public Schools SECONDARY Breakfast in the Classroom Menu February 2012

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 Apple Cinnamon Muffin Cheese Stick Skim Milk	31 Breakfast Pizza 100% Apple Juice Skim Milk	1 Ham & Cheese Breakfast Sandwich 100% Fruit Blend Juice Skim Milk	2 Sausage Breakfast Sandwich Fresh Banana Skim Milk	3 Chicken Breakfast Sandwich Chilled Pears Skim Milk
6 Apple Cinnamon Muffin Cheese Stick Skim Milk	7 Sausage Breakfast Sandwich 100% Fruit Blend Juice Skim Milk	8 Breakfast Pizza 100% Apple Juice Skim Milk	9 Ham & Cheese Breakfast Sandwich Fresh Banana Skim Milk	10 Chicken Breakfast Sandwich Baked Apple Slices Skim Milk
13 Sausage Breakfast Sandwich Cheese Stick Skim Milk	14 Breakfast Pizza 100% Apple Juice Skim Milk	15 Ham & Cheese Breakfast Sandwich 100% Fruit Blend Juice Skim Milk	16 Apple Cinnamon Muffin Fresh Banana Skim Milk	17 Chicken Breakfast Sandwich Chilled Sliced Peaches Skim Milk
20 No School	21 Breakfast Pizza 100% Fruit Blend Juice Skim Milk	22 Flap Jacks Cheese Stick Skim Milk	23 Ham & Cheese Breakfast Sandwich Fresh Banana Skim Milk	24 Chicken Breakfast Sandwich Chilled Mixed Fruit Skim Milk
27 Apple Cinnamon Muffin Cheese Stick Skim Milk	28 Breakfast Pizza 100% Apple Juice Skim Milk	29 Ham & Cheese Breakfast Sandwich 100% Fruit Blend Juice Skim Milk	1 Sausage Breakfast Sandwich Fresh Banana Skim Milk	2 Chicken Breakfast Sandwich Chilled Pears Skim Milk



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

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