



**Duval County Public Schools SECONDARY
Breakfast Menu
February 2012
Student price \$1.25 Reduced price \$0.30**

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 |
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| 30 Choose One Waffles Scrambled Eggs Choose One Grits Baked Apple Slices Choice of Milk | 31 Choose One Cinnamon & Brown Sugar Oatmeal Pancakes Choose One 100% Fruit Blend Juice Sausage Patty Choice of Milk | 1 Choose One Sausage Breakfast Sandwich Scrambled Eggs & Cheese Grits Choose One Toast Chilled Pears Choice of Milk | 2 Choose One Egg & Cheese Sandwich Cinnamon & Brown Sugar Oatmeal Choose One Apple Cinnamon Muffin Fresh Banana Choice of Milk | 3 Choose One French Toast Sticks Cinnamon & Brown Sugar Oatmeal Choose One Sausage Patty Baked Apple Slices Choice of Milk |
| 6 Choose One Scrambled Eggs with Grits Cinnamon & Brown Sugar Oatmeal Choose One Toast Chilled Sliced Peaches Choice of Milk | 7 Choose One Egg & Cheese Sandwich Pancakes Choose One Grits 100% Fruit Blend Juice Choice of Milk | 8 Choose One Sausage Breakfast Sandwich French Toast Sticks Choose One Cheese Grits Chilled Mixed Fruit Choice of Milk | 9 Choose One Scrambled Eggs Breakfast Pizza Choose One Grits Rosy Applesauce Choice of Milk | 10 Choose One Scrambled Eggs with Toast Ham & Cheese Breakfast Sandwich Choose One Apple Cinnamon Muffin Fresh Banana Choice of Milk |
| 13 Choose One Cheesy Eggs Pancakes Choose One Grits Chilled Sliced Peaches Choice of Milk | 14 Choose One Cinnamon & Brown Sugar Oatmeal Waffles Choose One 100% Fruit Blend Juice Sausage Patty Choice of Milk | 15 Choose One Ham Breakfast Sandwich French Toast Sticks Choose One Sausage Patty Chilled Pears Choice of Milk | 16 Choose One Egg & Cheese Sandwich Cinnamon & Brown Sugar Oatmeal Choose One Apple Cinnamon Muffin Fresh Banana Choice of Milk | 17 Choose One Cheesy Eggs Cinnamon & Brown Sugar Oatmeal Choose One Toast Baked Apple Slices Choice of Milk |
| 20 No School | 21 Choose One Egg & Cheese Sandwich Ham Breakfast Sandwich Choose One Grits 100% Fruit Blend Juice Choice of Milk | 22 Choose One Chicken Breakfast Sandwich Scrambled Eggs Choose One Toast Chilled Applesauce Choice of Milk | 23 Choose One Waffles Cinnamon & Brown Sugar Oatmeal Choose One Sausage Patty Fresh Banana Choice of Milk | 24 Choose One Cinnamon & Brown Sugar Oatmeal Scrambled Eggs & Grits Choose One Toast Chilled Sliced Peaches Choice of Milk |
| 27 Choose One Waffles Scrambled Eggs Choose One Grits Baked Apple Slices Choice of Milk | 28 Choose One Cinnamon & Brown Sugar Oatmeal Pancakes Choose One 100% Fruit Blend Juice Sausage Patty Choice of Milk | 29 Choose One Sausage Breakfast Sandwich Scrambled Eggs & Cheese Grits Choose One Toast Chilled Pears Choice of Milk | 1 Choose One Egg & Cheese Sandwich Cinnamon & Brown Sugar Oatmeal Choose One Apple Cinnamon Muffin Fresh Banana Choice of Milk | 2 Choose One French Toast Sticks Cinnamon & Brown Sugar Oatmeal Choose One Sausage Patty Baked Apple Slices Choice of Milk |



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