



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

High 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.

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