



Duval County Public Schools ELEMENTARY Lunch Menu January 2012

Student price \$1.60 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
2 No School	3 Choose One Beef Taco Pie Chicken Patty on a Bun Cheese Pizza Choose up to 3 Refried Beans Steamed Peas Chilled Mixed Fruit Choice of Milk	4 Choose One Macaroni and Cheese & a Roll Turkey & Cheese on a Bun Unrustable Choose up to 3 Steamed Broccoli Sweet Potato Soufflé Fresh Apple Choice of Milk	5 Choose One Chicken Nuggets over Rice Cheesy Baked Potato Chicken Fajita Wrap Choose up to 3 Vegetarian Beans Corn on the Cob Fresh Orange Choice of Milk	6 Choose One Kickin Chicken Soup & Cheese Quesadilla Chicken Patty on a Bun Cheesy Garden Salad Choose up to 3 Tossed Salad Mashed Potatoes Fresh Banana Choice of Milk
9 Choose One Mexican Lasagna Chicken Patty on a Bun Ham & Cheese Sandwich Choose up to 3 Tater Tots Peas and Carrots Apple Crisp Choice of Milk	10 Choose One Turkey Taco with Lettuce & Cheese Cup Turkey & Cheese on a Bun Unrustable Choose up to 3 Refried Beans Fiesta Rice Jello with Fruit Choice of Milk	11 Choose One Spaghetti & Meat Sauce Chicken Patty on a Bun Cheesy Garden Salad Choose up to 3 Steamed Peas Cheesy Garlic Sticks Fresh Orange Choice of Milk	12 Choose One Cajun Chicken Pasta & Dinner Roll Unrustable Turkey & Cheese Sandwich Choose up to 3 Mashed Potatoes Tangy Bean Salad Fresh Apple Choice of Milk	13 Choose One Chicken Fajita with Rice Cheese Pizza Hamburger on a Bun Choose up to 3 Refried Beans Steamed Corn Fresh Banana Choice of Milk
16 No School	17 Choose One Asian Chicken & Vegetables with Rice Turkey & Cheese Sandwich Chicken Patty on a Bun Choose up to 3 Tangy Bean Salad Sweet Potato Soufflé Jell-O with Fruit Choice of Milk	18 Choose One Meatball Sub Grilled Cheese Sandwich Hamburger on a Bun Choose up to 3 Fresh Baby Carrots Tater Tots Fresh Apple Choice of Milk	19 Choose One Baked Chicken Alfredo & Dinner Roll BBQ Pork Riblet Sandwich Cheesy Baked Potato Choose up to 3 Steamed Broccoli Steamed Peas Fresh Orange Choice of Milk	20 No School
23 Choose One Sloppy Joe Cheese Pizza Ham & Cheese on a Bun Choose up to 3 Vegetarian Beans Tater Tots Chilled Mixed Fruit Choice of Milk	24 Choose One Chicken Soft Tacos Grilled Cheese Sandwich Hamburger on a Bun Choose up to 3 Refried Beans Fresh Baby Carrots Jell-O with Fruit Choice of Milk	25 Choose One Cheesy Baked Ziti with Meat Sauce & a Roll Ham & Cheese on a Bun Unrustable Choose up to 3 Steamed Green Beans Sweet Potato Soufflé Fresh Orange Choice of Milk	26 Choose One Mexican Rice Bowl Hamburger on a Bun Grilled Cheese Sandwich Choose up to 3 Pinto Beans Steamed Broccoli Fresh Apple Choice of Milk	27 Choose One Cheesy Beef Nachos Chicken Patty on a Bun Unrustable Choose up to 3 Peas and Carrots Apple Crisp Orange Jello Choice of Milk



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

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