



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

High School Lunch Menu

January 2012



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

January 2-6

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|-------------|---|
| MON | No School |
| 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 |

January 9-13

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| 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 & Dinner Roll, mashed potatoes, vegetarian beans, fresh apple, Cool Tropics slushie |
| FRI | Chicken Fajita with Rice, corn on the cob, apple crisp, tangy bean salad, fresh banana |

January 16-20

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| MON | No School |
| TUES | Asian Chicken & Vegetables with Rice, corn on the cob, 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 & Dinner Roll, steamed broccoli, vegetable blend, sweet potato soufflé, fresh orange |
| FRI | No School |

January 23-27

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|-------------|---|
| MON | Sloppy Joe, vegetarian beans, tater tots, chilled mixed fruit, Cool Tropics slushie |
| TUES | Chicken Tacos, refried beans, steamed rice, jello with fruit, Cool Tropics slushie |
| WED | Cheesy Baked Ziti with Meat Sauce & Dinner 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 |



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

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



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|-------------|---|
| MON | Cheeseburger on a Bun, Chicken Patty on a Bun |
| TUES | Cheeseburger on a Bun, Chicken Patty on a Bun |
| WED | Cheeseburger on a Bun, 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



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|-------------|-------------------------|
| 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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