



October 2008

Lunch Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY				
<p>Offered Daily Cheese Pizza, Golden French Fries, Garden Fresh Salad, Frozen Fruit Juice ½% Chocolate Milk 1 % Low fat Milk Condiments</p> <p>If you have a question or concern, please contact us by calling our Customer Care Line. The telephone number is (904) 732-5174.</p>					<p>As an add-on to your regular meal, try our daily snack offerings!</p>  <p>A la carte Offerings</p> <p>Solo Pizza, \$3.25 Buffalo Bites \$3.00 Popcorn Chicken \$3.00 Mozzarella Cheese Sticks with Marinara Sauce \$2.75 Nachos and Cheese \$2.00 Nachos Supreme \$2.50 Cinnamon Roll \$1.25 Cinnamon Sticks with Cream Cheese Icing \$2.00 Egg Roll with sweet and sour sauce \$1.50 Garden Salad \$1.25 Assorted Chips \$0.60 French Fries \$1.00 Waffle Fries \$1.25 Fruit Cup \$1.00 Fresh Fruit \$0.50 Yogurt \$0.75 Cookie, large \$1.25, small \$0.35</p> <p>Ice Cream, \$0.75 Low Fat Cup Sandwich Chocolate Éclair</p> <p>Ice Cream, \$1.00 Crybaby Nutty Buddy</p> <p>Ice Cream, \$1.50 Big Daddy Shake</p> <p>2 oz cup of cheese or ranch \$0.50</p> <p>Drinks Milk \$0.50 Bottled Water, Tropicana, Dole Fruit Juice, Lipton Tea \$1.25 Gatorade \$1.50</p> <p>Non-discrimination Statement: This explains what to do if you believe you have been treated unfairly. In accordance with Federal law and U. S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write to USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, DC 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer.</p>			
<p>1 Cheeseburger/Multi Grain Bun Chicken Nuggets Chicken Cacciatore w/Spaghetti Sausage Pizza Chicken Salad Wrap Parmesan Spaghetti/Side Spinach Greens Assorted Fresh Fruit Apple Crisp</p>	<p>2 Hamburger on Multi Grain Bun Chicken Patty Sandwich Meatball Sandwich Fiesta Chicken Salad Tuna Salad/Pita Pocket Buffalo Chicken Pizza Sweet Potato Casserole Seasoned Collards Diced Pears Chocolate Brownies</p>	<p>3 Cheeseburger/Multi Grain Bun Chicken Nuggets Meat Lovers Pizza Chef Salad Entree Ham and Cheese/Bagel Fluffy White Rice Carrot Coins Assorted Fresh Fruit Jiggly Jello</p>	<p>6 Cheeseburger/Multi Grain Bun Chicken Nuggets Beefy Macaroni Casserole Chef Salad Entree Turkey Ham and Cheese Wrap Pepperoni, Sausage Pizza Bag of Sunchips Carrot Coins Diced Pears Frosted Chocolate Cake</p>	<p>7 Hamburger on Multi Grain Bun Popcorn Chicken Nachos Supreme Pepperoni Pizza Cobb Salad Chicken Salad Wrap Brown Rice Broccoli w/Cheese Sauce Chocolate or Vanilla Pudding Assorted Fresh Fruit</p>		<p>8 Cheeseburger/Multi Grain Bun Chicken Nuggets Deli Hoagie Sandwich Corn Cobbette Spinach Greens Cinnamon Apple Slices Frozen Fruit Juice Oatmeal Raisin Cookie</p>	<p>9 Hamburger on Multi Grain Bun Chicken Patty Sandwich Macaroni & Cheese Bake Buffalo Chicken Pizza Spinach Salad w/ Turkey Turkey and Cheese Wrap Hot Potato Tender Green Beans Assorted Fresh Fruit Rainbow Swirl Cake</p>	<p>10 Cheeseburger/Multi Grain Bun Chicken Nuggets Turkey Hot Dog on Bun Meat Lovers Pizza Chef Salad Entree TunaSalad/Pita Pocket Baked Beans Seasoned Collards Pineapple Tidbits Sugar Cookie</p>
<p>13 Cheeseburger/Multi Grain Bun Chicken Nuggets BBQ Pulled Pork Sandwich Pepperoni, Sausage Pizza Chef Salad Entree Ham and Swiss Wrap Bag of Sunchips Broccoli w/Cheese Sauce Assorted Fresh Fruit Jiggly Jello</p>	<p>14 Hamburger/Multi Grain Bun Popcorn Chicken Spaghetti w/Marinara Sauce Pepperoni Pizza Cobb Salad Italian Wrap Spaghetti w/Sauce Side Tender Green Beans Diced Pears Chocolate Chip Cookie</p>	<p>15 Cheeseburger/Multi Grain Bun Chicken Nuggets Tacoria Soft Beef Taco SausagePizza Chef Salad Entree Chicken Salad Wrap Fluffy White Rice Season Collards Assorted Fresh Fruit Cherry Crisp</p>	<p>16 Hamburger/Multi Grain Bun Chicken Patty Sandwich Turkey Hot Dog on Bun Buffalo Chicken Pizza Fiesta Chicken Salad Deli Hoagie Sandwich Mashed Potatoes Carrot Coins Diced Peaches Chocolate or Vanilla Pudding</p>	<p>17 Cheeseburger/Multi Grain Bun Chicken Nuggets BBQ Pork Ribette/Bun Meat Lovers Pizza Chef Salad Entree Turkey and Cheese Wrap Corn Cobbette Spinach Greens Hot Home Style Applesauce Frosted Yellow Cake</p>				
<p>20 Cheeseburger/Multi Grain Bun Toasted Cheese Sandwich on Whole Grain Bread w/Vegetable Soup Pepperoni & Sausage Pizza Chef Salad Entrée Ham & Cheese Wrap Macaroni and Cheese Green Beans Diced Pears Sugar Cookie</p>	<p>21 Hamburger/Multi Grain Bun Popcorn Chicken Turkey Corn Dog Pepperoni Pizza Spinach Salad w/ Turkey Chicken Salad Wrap Fluffy White Rice Broccoli w/Cheese Sauce Assorted Fresh Fruit Sugar Cookie</p>	<p>22 Cheeseburger/Multi Grain Bun Chicken Nuggets Chicken Nuggets Club House Wrap Bag of Sunchips Carrot Coins Diced Peaches Chocolate Chip Cookie</p>	<p>23 Hamburger/Multi Grain Bun Chicken Patty Sandwich Nachos Supreme Buffalo Chicken Pizza Cobb Salad Turkey and Cheese Wrap Santa Fe Rice Seasoned Corn Assorted Fresh Fruit Peanut Butter Swirl Brownie</p>	<p>24 No School Teachers' Planning Day</p>				
<p>27 Cheeseburger/Multi Grain Bun Chicken Nuggets Cuban Sandwich Chef Salad Entree Tuna Salad Wrap Pepperoni, Sausage Pizza Bag of Sunchips Broccoli w/Cheese Sauce Diced Peaches Frosted Yellow Cake</p>	<p>28 Hamburger/Multi Grain Bun Popcorn Chicken Sloppy Joe on a Bun Pepperoni Pizza Spinach Salad w/ Turkey Turkey & Swiss Stuffed Pita Pocket Roasted Potatoes Green Peas Fresh Baby Carrots w/Ranch Dressing Apple Soursauce Sugar Cookie</p>	<p>29 Cheeseburger/Multi Grain Bun Chicken Nuggets Chicken Cacciatore w/Spaghetti Sausage Pizza Chef Salad Entree Chicken Salad Wrap Parmesan Spaghetti/Side Spinach Greens Assorted Fresh Fruit Apple Crisp</p>	<p>30 Hamburger/Multi Grain Bun Chicken Patty Sandwich Meatball Sandwich Fiesta Chicken Salad Tuna Salad/Pita Pocket Buffalo Chicken Pizza Sweet Potato Casserole Seasoned Collards Diced Pears Chocolate Brownies</p>	<p>31 Cheeseburger/Multi Grain Bun Chicken Nuggets Frito Chili Pie Meat Lovers Pizza Chef Salad Entree Ham and Cheese/Bagel Fluffy White Rice Carrot Coins Assorted Fresh Fruit Jiggly Jello</p>				

Duval County Public Schools High School Lunch Menu



Did you know that grains are important sources of many nutrients, including fiber, vitamin B, and minerals? People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases*

We serve our hamburgers and cheeseburgers on whole grain buns!

*http://www.mypyramid.gov/pyramid/grains_why.html

