

# Menu

## Duval County Public Elementary Schools Breakfast in the Classroom Menu January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				1  No School
4 Cereal Fruit Juice Milk	5 Super Bun Banana Milk	6 French Toast Sticks Yogurt Milk	7 Sausage Sandwich Banana Milk	8 Waffle Orange Juice Milk
11 Cereal Yogurt Milk	12 Chicken Biscuit Fruit Juice Milk	13 Ham Cheese Sandwich Orange Milk	14 French Toast Sticks Banana Milk	15 Breakfast Pizza Fruit Juice Milk
18  No School	19 Super Bun Fruit Juice Milk	20 French Toast Sticks Orange Juice Milk	21 Sausage Sandwich Fruit Juice Milk	22  No School
25 Cereal Fruit Juice Milk	26 Chicken Biscuit Banana Milk	27 Ham Cheese Sandwich Orange Milk	28 French Toast Sticks Banana Milk	29 Breakfast Pizza Fruit Juice Milk

Pineapple was discovered by Christopher Columbus  
It's great to grill pineapple slices with your chicken and fish  
Newest and sweetest variety is called Golden pineapple  
Eat as soon as possible after buying

A pineapple is a symbol of friendship and hospitality  
Pull a leaf from the top to see if it is very ripe

Pick a pineapple that has dark green leaves and is heavy for size  
Low calorie snack with 60 calories for one fruit serving of 2 slices  
Excellent source of vitamin C

1%, Milk Offered Daily

Student Price \$1.00, Reduced Price \$0.30

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