

Menu

Duval County Public Elementary Schools Lunch Menu January 2010

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|--|---|
| | | | | 1 No School |
| 4 Choose One Chicken Nuggets Cheeseburger Cheese Pizza Choose Up To Three Corn Peas & Carrots Tate Tots Pineapple Cup Apple Juice Choice of Choice of Milk | 5 Choose One Beef Nachos Turkey & Cheese Hoagie Chicken Patty Sandwich Choose Up To Three Pinto Beans Fiesta Rice Broccoli Peaches Jell-O Choice of Milk | 6 Choose One Chicken Pot Pie Cheese Pizza Cheeseburger Choose Up To Three Green beans Corn Tater Tots Orange Diced pears Rainbow Cake Choice of Milk | 7 Choose One Loaded Baked Potato Ham & Cheese Sandwich Hamburger Choose Up To Three Garlic Bread Sticks Broccoli Carrots Apple Juice Peaches Banana Choice of Milk | 8 Choose One Homestyle Chicken Cheese Pizza Hot Dog Choose Up To Three Turnip Greens Corn Mashed Potatoes Rosy Applesauce Cornbread Orange Choice of Milk |
| 11 Choose One Spaghetti & Meat Sauce Chicken Patty Sandwich PBJ Uncrustable Choose Up To Three Garlic Bread Sticks Sweet Potatoes Tater Tots Green Beans Apple Mandarin Oranges Choice of Milk | 12 Choose One Chicken Taco Ham & Cheese Sandwich Hamburger Choose Up To Three Pinto Beans Rice Broccoli Peaches Orange Rainbow Cake Choice of Milk | 13 Choose One Homestyle Chicken Cheese Pizza Meatball Sub Choose Up To Three Corn Green Beans Tater Tots Grape Juice Pineapple Cup Banana Choice of Milk | 14 Choose One Chuck Wagon Chicken Cheeseburger Turkey & Cheese Sandwich Choose Up To Three Broccoli Peas & Carrots Mashed Potatoes Pineapple Cup Apple Brownie Choice of Milk | 15 Choose One BBQ Pork Sandwich Cheese Pizza Chicken Ranch Sandwich Choose Up To Three Bake Beans Rice Turnip Greens Rosy Applesauce Orange Apple Juice Choice of Milk |
| 18 No School | 19 Choose One Cheesy Chicken Broccoli Meatball Sub PBJ Uncrustable Choose Up To Three Mashed Potatoes Green Beans Apple Juice Pineapple Cup Choice of Milk | 20 Choose One Beef-a-Roni Ham & Cheese Sandwich Turkey Chef Salad Choose Up To Three Garlic Bread Sticks Green Beans Corn Diced Pears Rosy Applesauce Choice of Milk | 21 Choose One Chicken Pot Pie Corn Dog Ham Chef Salad Choose Up To Three Peas & Carrots Broccoli Tater Tots Mandarin Oranges Applesauce Chocolate Cake Choice of Milk | 22 No School |
| 25 Choose One Country Steak w/Gravy Chicken Patty Sandwich PBJ Uncrustable Choose Up To Three Mashed Potatoes Green Beans Roll Jell-O Pineapple Cup Choice of Milk | 26 Choose One Chicken Fajita w/Salsa Cheeseburger Turkey & Cheese Sandwich Choose Up To Three Pinto Beans Rice Broccoli Apple Peaches Rainbow Cake Choice of Milk | 27 Choose One Meatloaf Chicken Nugget Salad Cheese Pizza Choose Up To Three Green Beans Corn Sweet Potatoes Orange Rosy Applesauce Apple Juice Choice of Milk | 28 Choose One Lasagna Ham & Cheese Sandwich Turkey Chef Salad Choose Up To Three Garlic Bread Sticks Broccoli Carrots Banana Pineapple Cup Chocolate cake Choice of Milk | 29 Choose One Oven Roasted Chicken Cheese Pizza Hot Dog Choose Up To Three Tater Tots Corn Green Beans Peaches or Apple Choice of Milk |

Choice of Low Fat Milk Offered Daily

Student Price: \$1.50, Reduced \$.40

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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

