

Menu

Duval County Public Elementary Schools Breakfast Menu January 2010

Monday	Tuesday	Wednesday	Thursday	Friday
				1 No School
4 Choice of 1 Cereal or Super Bun or Oatmeal/Brown Sugar & Cinnamon & Apple Juice Choice of Choice of Milk	5 Choice of 1 Breakfast Pizza or Cereal or Cheese Grits & Peaches Choice of Milk	6 Choice of 1 Chicken Sandwich or Cereal or Oatmeal/Brown Sugar & Cinnamon & Apple Juice Choice of Milk	7 Choice of 1 Biscuit & Gravy or Cereal w/Blueberry Muffin or Cheese Grits & Banana Choice of Milk	8 Choice of 1 Pancakes or Cereal or Oatmeal/Brown Sugar & Cinnamon & Juice Choice of Milk
11 Choice of 1 Waffle or Cereal or Oatmeal/Brown Sugar & Cinnamon & Peaches Choice of Milk	12 Choice of 1 Breakfast Pizza or Cereal or Cheese Grits & Grape Juice Choice of Milk	13 Choice of 1 French Toast Sticks or Cereal or Oatmeal/Brown Sugar & Cinnamon & Banana Choice of Milk	14 Choice of 1 Egg & Cheese Sandwich or Cereal or Cheese Grits & Apple Juice Choice of Milk	15 Choice of 1 Ham & Cheese Sandwich or Cereal or Oatmeal/Brown Sugar & Cinnamon & Orange Choice of Milk
18 No School	19 Choice of 1 Breakfast Pizza or Cereal or Cheese Grits & Orange Juice Choice of Milk	20 Choice of 1 Chicken Sandwich or Cereal or Oatmeal/Brown Sugar & Cinnamon & Apple Juice Choice of Milk	21 Choice of 1 Biscuit & Gravy or Cereal or Cheese Grits & Apple Juice Choice of Milk	22 No School
25 Choice of 1 Waffle or Cereal or Oatmeal/Brown Sugar & Cinnamon & Peaches Choice of Milk	26 Choice of 1 Breakfast Pizza or Cereal or Cheese Grits & Grape Juice Choice of Milk	27 Choice of 1 French Toast Sticks or Cereal or Oatmeal/Brown Sugar & Cinnamon & Banana Choice of Milk	28 Choice of 1 Egg & Cheese Sandwich or Cereal or Cheese Grits & Pineapple Cup Choice of Milk	29 Choice of 1 Ham & Cheese Sandwich or Cereal or Oatmeal/Brown Sugar & Cinnamon & Apple Juice Choice of Milk

Choice of Low Fat Milk Offered Daily

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

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. (Not all prohibited basis apply to all programs) To file a complaint of discrimination, write U.S.D.A., Director, Office of Civil Rights, Room 326-w, Whitten Building, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (202)720-5964 (voice and TTD). U.S.D.A. is an equal opportunity provider and employer.

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

