



Duval County Public High Schools Lunch Menu January 2010



Meal Consists of an Entrée, Choice of Sides, and Lowfat Milk Daily

Featured Daily:

Hamburger
Cheeseburger
Chicken Patty

Choice of 1% milk
or less

Choice of Pizza

	Monday	Tuesday	Wednesday	Thursday	Friday
					1 No School
	4 Choose One Chicken Nuggets w/Dinner Roll Corn Dog Choose Up To Three Corn Green Beans Tater Tots Pineapple Cup Cool Tropics Slushie Choice of Milk	5 Choose One Beef Nachos Turkey & Cheese Hoagie Choose Up To Three Fiesta Rice Broccoli Tater Tots Peaches Cool Tropics Slushie Choice of Milk	6 Choose One Cheesy Chicken Broccoli w/Dinner Roll Ham Chef Salad Choose Up To Three Carrots Corn Dinner Roll Rosy Applesauce Orange Choice of Milk	7 Choose One Loaded Baked Potato Ham & Cheese Sandwich Choose Up To Three Broccoli Mac-n-Cheese Peaches Banana Cool Tropics Slushie Choice of Milk	8 Choose One Homestyle Chicken Pepperoni Pizza Choose Up To Three Mashed Potato Turnip Greens Cornbread Rosy Applesauce Orange, Grape Juice Choice of Milk
	11 Choose One Spaghetti & Meat Sauce w/Garlic Bread Sticks Pepperoni Pizza Choose Up To Three Carrots Green Beans Apple Mandarin Oranges Cool Tropics Slushie Choice of Milk	12 Choose One Chicken Taco Ham & Cheese Sandwich Choose Up To Three Broccoli Beans & Rice Peaches Orange Rainbow Cake Cool Tropics Slushie Choice of Milk	13 Choose One Swedish Meatballs Chicken Panini Choose Up To Three Corn Green Beans Dinner Roll Pineapple Cup Banana Cool Tropics Slushie Choice of Milk	14 Choose One Chuck Wagon Chicken Turkey & Cheese Sandwich Choose Up To Three Broccoli Mashed Potato Apple Peaches Cool Tropics Slushie Choice of Milk	15 Choose One BBQ Pork Sandwich Pepperoni Pizza Choose Up To Three Baked Beans Corn Turnip Greens Rosy Applesauce Orange Choice of Milk
	18 No School	19 Choose One Chicken Nuggets w/Dinner Roll Beef Taco Choose Up To Three Carrots Mac-n-Cheese Apple Juice Pineapple Cup Cool Tropics Slushie Choice of Milk	20 Choose One Beef-a-Roni w/Garlic Bread Sticks Ham Chef Salad Choose Up To Three Green Beans Corn Garlic Bread Sticks Grape Juice Rosy Apple Sauce Choice of Milk	21 Choose One Chicken Pot Pie Turkey Chef Salad Choose Up To Three Peas & Carrots Tater Tots Dinner Roll Pineapple Cup Brownie Cool Tropics Slushie Choice of Milk	22 No School
	25 Choose One Country Steak w/Gravy & Roll Pepperoni Pizza Choose Up To Three Mashed Potato Green Beans Rosy Applesauce Cool Tropics Slushie Choice of Milk	26 Choose One Chicken Fajita w/Salsa Turkey & Cheese Sandwich Choose Up To Three Beans & Rice Broccoli Peaches Banana Cool Tropics Slushie Choice of Milk	27 Choose One Meatloaf Ham Chef Salad Choose Up To Three Sweet Potatoes Mac-n-Cheese Garlic Bread Sticks Orange or Applesauce Cool Tropics Slushie Choice of Milk	28 Choose One Lasagna w/Garlic Bread Sticks Ham & Cheese Sandwich Choose Up To Three Broccoli Tater Tots Cobble Cake Pineapple Cup, Banana Cool Tropics Slushie Choice of Milk	29 Choose One Oven Roasted Chicken Hot Dog Choose Up To Three Tater Tots Green Beans Apple Rosy Applesauce Cool Tropics Slushie Choice of 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

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