

Duval County Public Schools Middle/High School Breakfast Menu January 2010

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

Choice of Milk Offered Daily

Student Price: \$1.25, Reduced \$.30

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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

