NOVEMBER Pinellas County Elementary School Lunch Menu

Fun Facti

91% of Americans eat turkey on Thanksgiving!



DAILY BREAKFAST CHOICES

Hot or cold breakfast choices are available daily.

i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.

Must choose at least 1: Fruit or Juice.

May choose 1 Milk:

Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:

Choose 1: Entrée. Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruit & veggies with lunch meal)

May Choose 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

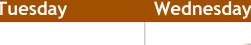
Also available for lunch daily:

Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or

cupped) & Juices

Monday **Tuesday**

All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally . weather, crops and supplies have other ideas!







Bacon, Egg & Cheese Pizza

Thursday

Choose One: Beef Rib B Q Sandwich Cheese Stick & Toasted Ravioli Boat Chef Salad

Chicken Caesar Wrap

Choose: Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad

Choose One:

Breakfast Chicken Nibbler

Friday

Pizza

Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad

Turkey & Cheese Ciabatta Sandwich Choose: Mashed Potatoes Fresh Veggie Dippers

Eggo Mini Confetti Pancakes

Choose One:

Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Bologna & Cheese Sandwich

Choose: Santa Fe Black Beans Fresh Veggie Dippers

Egg & Cheese Croissant **Choose One:**

Featured Entrée:

Bean & Cheese Chalupa & Fiesta Rice

Grilled Cheese Sandwich Farmers' or Apple-A-Day Salad PBJ Jamwich Kit

Choose: Tomato Soup Romaine Side Salad

Cinnamon Roll Choose One:

Teriyaki Beef Dippers over Rice or Lo Mein Noodles Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait

Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets

8 Sausage Biscuit or Grits & Sausage Choose One:

Breakfast for Lunch Mini Cheese Calzones Chef Salad Chicken Caesar Wrap

Choose: Marinara Cup **Deli Roasted Potatoes** Leafy Green Side Salad

Brkfst Bowl (Cheesv Eggs &Tots)

Choose One:

Pizza Cheesy or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Corn Niblets

Fresh Veggie Dippers

Maple Pancake Minis

Choose One:

Hamburger or Cheeseburger Chicken & Broccoli Penne Alfredo w/ Breadstick

Bologna & Cheese Sandwich

Fruit & Yogurt Plate

Choose: Sliced Carrots Fresh Veggie Dippers

13 Breakfast Sandwich(Egg/Ham/Chs) 14 **Choose One:**

Thanksgiving Holiday Meal Sliced Turkey w/Dressing, Gravy

Bean & Cheese Burrito Farmer's Salad • PBJ Jamwich Kit

Choose: Mashed Potatoes • Sweet Potatoes • Green Beans Romaine Side Salad • Holiday Cookie

Chicken Biscuit **Choose One:**

Chicken Tender Basket w/ Crinkle Oven Fries Macaroni & Cheese Yogurt & Fruit Parfait

Ham & Cheese Croissant Choose: Sliced Cucumbers Spinach or Collard Greens

Sunshine Omelet Wrap **Choose One:**

Beef or Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap

Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad

Choose One:

16 Apple Cinnamon Texas Toast

Pizza Terivaki Chicken Bowl

Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich

Choose: Green Beans Fresh Veggie Dippers

THANKSGIVING BREAK



Chicken & Waffle Cheesy Bread Fruit & Yogurt Plate Bologna & Cheese Sandwich

Pancake Pup

Choose One:

Choose: Sweet Green Peas Marinara Cup Fresh Veggie Dippers

27 Scrambled Egg. Bacon. & Biscuit

Choose One:

Featured Entrée: Stuffed Crust Cheese Pizza

Corn Dog Farmers' or Apple-A-Day Salad PBJ Jamwich Kit

Country Baked Beans Choose: Romaine Side Salad

Glazed Dunker Choose One:

Chicken Drumstick w/ Hush Puppy Pasta with Meatballs & Sauce Yogurt & Fruit Parfait

Choose:

Steamed Broccoli Florets **Sliced Cucumbers**

Ham & Cheese Croissant

Bacon, Egg & Cheese Pizza

Choose One:

Beef Rib B Q Sandwich Cheese Stick & Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap

Choose: Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad

Breakfast Chicken Nibbler

Choose One:

Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich

Choose: Mashed Potatoes Fresh Veggie Dippers

In accordance with Federal Law and US Department of Agriculture policy, Pinellas County School Food Service is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability.

(Not all prohibited bases apply to all programs). To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, 1400 Independence Av. SW, Washington D.C. 20250-9410; or email: program.intake@usda.gov. This institution is an equal opportunity provider/employer.