

Food

Back in the old days of public school, lunch ladies were an icon of school food. Adam Sandler wrote a ballad, “*Lunch Lady Land*,” the Simpsons have *Lunch-lady Doris*; and Chris Farley dressed up on a recurring story on Saturday Night Live as a lunch lady. Much has changed over the years. Standards on healthy choices is one of the biggest changes to our food selection.



It is said that breakfast is the most important meal of the day. Pinellas County Schools provides breakfast at no cost for all students. At Tech High the breakfast line opens at 7:00 a.m. and closes when

school starts at 7:35. Breakfast items include fresh fruit, yogurt, milk and the breakfast entree of the day. Breakfast items include: Bacon, Egg & Cheese Sandwiches; Apple Cinnamon Texas Toast; Chicken Waffle Sandwiches; and Cheese Omelets with Bacon & Toast. Other optional items are available for sale too—such as Rice Krispy Treats and Pop Tarts.



Pinellas County Schools offers lunch at **no cost** to our students. Students have approximately 36 minutes for lunch each day. Tech HS has two lunch periods separated by 18 minutes. Students may eat in our cafetorium, outside in our covered patio, or with a classroom teacher who invites students to join in lunchtime tutoring.

During lunch, students may play frisbee, corn-hole or throw a football on our grounds between Building 1 and Building 3.



School lunch menus are posted on our web page and can be viewed on the PCS web site at **Food Service** on the department ribbon.

School lunch choices include meat & meatless entrée, combination salads; cold sandwiches; a variety

of fruits and vegetables. Entrée choices include: Chicken & Broccoli Penne Pasta; Chicken Souvlaki; Meat Lovers Stromboli; Mini Cheese Calzones and much more.

My School Bucks—Create a meal account that your child can debit his/her extra lunch items at mychoolbucks.com. This real time money delivery is a great way to insure your child has the extras for lunch (cookies, chips, specialty drinks).



Free & Reduced Lunch Applications—There is a short overlap of free lunches from the previous year but why wait when you can get it done before school starts? Submit your online application starting in July for the coming school year. Go to myschoolapps.com to apply. Annual application is required. Submit your application BEFORE the school year starts! (If PCS continues to serve free lunch, they still request an application to be completed each year.)

NO Food Delivery—We do not permit delivery of food through agencies. We ask that parents limit their drop off of food. This should be limited to your child (not their friends too) and be done on an emergency or special occasion (birthday) basis. Students receiving parent delivered fast food will eat in the front office.



Student leaving for lunch—Students are not permitted to leave campus to go get lunch. The student parking lot is locked until the end of the day and is only opened for students leaving for an appointment or for being sick.

Lunch with your child—We invite parents to come onto campus to share our lunchtime. We have a picnic table under a large tree outside the main office where you can enjoy lunch with your child (weather permitting) and building 1 has many benches outside.

Water fountains - our campus has filtered water refill stations. Please consider purchasing a water bottle and putting your child's name on it so we can reconnect lost items.



If you have any questions, please give us a call. We are here to help you. 727-545-6405