

NOVEMBER K-12 Lunch Menu



Monday	Tuesday	Wednesday	Thursday	Friday
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PLEASE NOTE:
The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.



<p>1 CHOOSE ONE: Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Santé Fe Black Beans Fresh Veggie Dippers</p>	<p>2 CHOOSE ONE: Breakfast for Lunch Mozzarella Stuffed Garlic - Breadsticks Chicken Caesar Salad PB&J Kit CHOOSE: Deli Roaster Potato * Marinara Sauce Cup * Romaine Side Salad *</p>	<p>3 CHOOSE ONE: Chicken Nuggets Pasta w/ Meatballs or Pasta w/ Meat Sauce Yogurt & Fruit Parfait Ham & Cheese Croissant CHOOSE: Corn Niblets Sliced Cucumbers Side Salad</p>	<p>4 CHOOSE ONE: Mandarin Orange Chicken Rice Bowl w/ Chow Mein Noodles Grilled Cheese Sandwich Chef Salad Chicken Caesar Wrap CHOOSE: Tomato Soup Mixed Side Salad</p>	<p>5 CHOOSE ONE: Pizza Variety Cheesy Fish Filet Sandwich Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers</p>
<p>8 CHOOSE ONE: Hamburger Sliders or Cheeseburger Sliders Popcorn Chicken & Waffle Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>	<p>9 CHOOSE ONE: Beef Tacos or Pork Tacos Cheesy Bread Chicken Caesar Salad PB&J Kit CHOOSE: Corn Niblets* Marinara Sauce Cup * Romaine Side Salad *</p>	<p>10 CHOOSE ONE: Macaroni & Cheese Tacho Chicken Bowl w/ Garlic Breadstick Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad</p>	<p>11 CHOOSE ONE: Managers Choice BBQ Pork or BBQ Chicken Flatbread Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Crispy Fries Mixed Side Salad</p>	<p>12 CHOOSE ONE: Pizza Variety Boneless Dill Chicken Wings & Roll Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Green Beans Fresh Veggie Dippers</p>
<p>15 CHOOSE ONE: Chicken Tenders & Roll Backyard Pizza Burger Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Mixed Vegetable Medley Fresh Veggie Dippers</p>	<p>16 CHOOSE ONE: Max Cheese Sticks Chicken Vegetable Dumpling w/ Chicken Fried Rice Chicken Caesar Salad PB&J Kit CHOOSE: Green Beans * Marinara Sauce Cup * Romaine Side Salad *</p>	<p>17 CHOOSE ONE: Teriyaki Beef Dippers & Rice Cavatappi Pasta Alfredo Chef Salad Ham & Cheese Croissant CHOOSE: Broccoli Florets Sliced Cucumbers Side Salad</p>	<p>18 CHOOSE ONE: Corn Dog or Hot Dog on a Bun Popcorn Chicken, Mashed Potatoes, Gravy & Roll Yogurt & Fruit Parfait Chicken Caesar Wrap CHOOSE: Corn Niblets Mixed Side Salad</p>	<p>19 CHOOSE ONE: Pizza Variety Chicken Tinga Tacos Apple -A- Day Salad Deli Carver Combo Sub CHOOSE: Country Baked Beans Fresh Veggie Dippers</p>

THANKSGIVING BREAK

<p>29 CHOOSE ONE: Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Turkey Club Wrap CHOOSE: Santé Fe Black Beans Fresh Veggie Dippers</p>	<p>30 CHOOSE ONE: Breakfast for Lunch Mozzarella Stuffed Garlic - Breadsticks Chicken Caesar Salad PB&J Kit CHOOSE: Deli Roaster Potato * Marinara Sauce Cup * Romaine Side Salad *</p>
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For Menu & Nutrition
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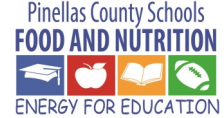
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DAILY BREAKFAST CHOICES
Hot or cold breakfast choices are available daily, i.e.:
Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk
Skim, Low Fat White, or Fat Free Chocolate.

DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices



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.