


SEPTEMBER

Pinellas County *One-Lunch* High School Menu

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

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2 NO SCHOOL!</p> 	<p>3 Mini Confetti Pancakes Choose One: Beef or Pork Tacos <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Refried Fiesta Beans Romaine Side Salad</p>	<p>4 Scones Choose One: Chicken Drumstick w/ Mac & Cheese <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Crispy Fries Sliced Cucumbers</p>	<p>5 Sausage Patty w/ Biscuit or Grits Choose One: Meat Lovers Stromboli <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Marinara Cup Green Beans</p>	<p>6 Breakfast Skillet Choose One: Chicken Tenders & Pretzel Rod <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Mashed Potatoes w/ Gravy Fresh Carrots w/ Dip</p>
<p>9 Maple Pancake Minis Choose One: Cheese Sticks & Toasted Ravioli Boat <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Marinara Cup Country Baked Beans Fresh Veggie Dippers</p>	<p>10 Chicken Waffle Sandwich Choose One: Chicken & Broccoli Penne Alfredo w/ Roll <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Seasoned Curly Fries Romaine Side Salad</p>	<p>11 Egg, Ham & Cheese Sandwich Choose One: Chicken Nuggets & Roll <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Battered Sweet Potato Fries Sliced Cucumbers</p>	<p>12 Apple Cinnamon Texas Toast Choose One: Mini Cheese Calzones <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Marinara Cup Sweet Peas</p>	<p>13 Cheese Omelet w/ Toast Choose One: Teriyaki Beef Dippers w/ Rice & Roll <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Steamed Broccoli Florets Fresh Carrots w/ Dip</p>
<p>16 Pancake Pup Choose One: Loaded BBQ Pork & Cheese Nachos <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>17 Bacon, Egg & Cheese Pizza Choose One: Tailgate Basket <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Tater Tots Romaine Side Salad</p>	<p>18 Glazed Dunker Choose One: Honey Sriracha Wing Basket (w/ Crispy Fries & Breadstick) <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Green Beans Sliced Cucumbers</p>	<p>19 Scrambled Egg, Bacon & Biscuit Choose One: Bean & Cheese Burrito w/ Fiesta Rice <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Salsa Cup Corn Niblets</p>	<p>20 French Toast & Chicken Bites Choose One: Asian Beef & Broccoli Lo Mein w/ Chow Mein Noodles <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Steamed Broccoli Florets Fresh Carrots w/ Dip</p>
<p>23 Egg & Cheese Croissant Choose One: Chicken & Waffle <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Spinach or Collard Green Fresh Veggie Dippers</p>	<p>24 Mini Confetti Pancakes Choose One: Beef or Pork Tacos <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Refried Fiesta Beans Romaine Side Salad</p>	<p>25 Scones Choose One: Chicken Drumstick w/ Mac & Cheese <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Crispy Fries Sliced Cucumbers</p>	<p>26 Sausage Patty w/ Biscuit or Grits Choose One: Meat Lovers Stromboli <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Marinara Cup Green Beans</p>	<p>27 Breakfast Skillet Choose One: Chicken Tenders & Pretzel Rod <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Mashed Potatoes w/ Gravy Fresh Carrots w/ Dip</p>
<p>30 Maple Pancake Minis Choose One: Cheese Sticks & Toasted Ravioli Boat <i>Assorted Entrée Salads and Cold Sandwiches Offered Daily</i> Choose: Marinara Cup Country Baked Beans Fresh Veggie Dippers</p>	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!</p>  </div>	<div style="text-align: center;">  <p>Follow us! @mypcs #pinallasschfood</p> </div>	<div style="border: 1px dashed green; padding: 5px; text-align: center;"> <p>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!</p> </div>	<div style="text-align: center;">  <p>September is National Mushroom Month!</p> </div>

Fun Facts!



Avocados are not vegetables—they are actually single-seeded berries ... avocados have the highest protein content of any fruit ... avocados are double the potassium and fiber of bananas ... in Mexico, avocados are called “alligator pears”!

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.