JANUARY PCS Elementary Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
The small but mighty radish contains				2	 Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device! Image: mutrislice
Vitamin C & Fiber!	6	7 Scones (NEW flavors!)	8 Mini Eggo Confetti Pancakes	9 Sausage Biscuit or Sausage & Grits	10 Breakfast Skillet w/ Toast
	No School	<u>Choose One:</u> Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog	<u>Choose One:</u> Popcorn Chicken w/ Mashed Potatoes & Gravy	<u>Choose One:</u> Featured Item: Breaded Chicken Sandwich	<u>Choose One:</u> Pizza Variety Fish Sticks o' the Sea <i>w/ a Roll</i> OR
DAILY BREAKFAST CHOICES Hot or cold breakfast choices are available daily,	For Students	Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Steamed Broccoli Florets	Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Corn Niblets	Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap Choose: Battered Sweet Potato Fries	Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich Choose: Green Beans
<i>i.e.</i> : Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar		Romaine Side Salad	Sliced Cucumbers	Salsa Cup * Mixed Side Salad	Fresh Veggie Dippers
& Toast.	13 Apple Cinnamon Texas Toast	14 Scrambled Egg, Bacon & Biscuit	15 Mini Maple Pancakes	16 Chicken Waffle Sandwich	17 Cheese Omelet w/ 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	<u>Choose One:</u> Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Tater Tots Fresh Veggie Dippers	Choose One: Beef or Pork Tacos Cheezy Bread Chicken Caesar Salad Jamwich Kit Choose: Marinara Cup Refried Fiesta Beans Romaine Side Salad	<u>Choose One:</u> Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers	Student Choice Menu Students choose the hot entrees & vegetable options! Entrée Salad: Apple-a-Day Salad Sandwich: Chicken Caesar Wrap Side Salad: Mixed	<u>Choose One:</u> Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose</u> : Mixed Vegetables Fresh Veggie Dippers
lunch meal) May Choose: 1 Milk; Skim,	20 Martin Luther King, Jr. Day	21 Bacon, Egg & Cheese Pizza	22Biscuit & Sausage Gravy (NEW item!)	23 Egg, Ham & Cheese Sandwich	24 French Toast & Chicken Bites
A gradient of the second secon	No School For Students	<u>Choose One:</u> Breakfast for Lunch Pizzaboli Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Deli Roaster Potatoes Marinara Cup * Romaine Side Salad	<u>Choose One:</u> Pasta & Meat Sauce or Meatballs, OR Ravioli & Roll Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Crispy Fries Sliced Cucumbers	<u>Choose One:</u> Featured Item: Chicken Tender Basket (w/ fries & roll) Grilled Cheese Apple A Day Salad Chicken Caesar Wrap <u>Choose</u> : Tomato Soup Mixed Side Salad	<u>Choose One:</u> Pizza Variety Ocean Treasure Fish Nuggets <i>w/ Roll</i> Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose</u> : Spinach or Collard Greens Fresh Veggie Dippers
	27 Egg & Cheese Croissant	28 Scones (NEW flavors!)	29 Mini Eggo Confetti Pancakes	30 Sausage Biscuit or Sausage & Grits	-
Pinellas County Schools FOOD AND NUTRITION FOOD AND NUTRITION FOR EDUCATION ENERGY FOR EDUCATION	<u>Choose One:</u> Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose</u> : Country Baked Beans Fresh Veggie Dippers	<u>Choose One:</u> Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Steamed Broccoli Florets Romaine Side Salad	<u>Choose One:</u> Popcorn Chicken w/ Mashed Potatoes & Gravy Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Corn Niblets Sliced Cucumbers	Choose One: Featured Item: 3-Cheese Cavatappi Pasta & Garlic Breadstick Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap Choose: Battered Sweet Potato Fries Salsa Cup * Mixed Side Salad	<u>Choose One:</u> Pizza Variety Fish Sticks o' the Sea <i>w/ a Roll</i> OR Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Green Beans Fresh Veggie Dippers

12/9/2019 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.