

# Pinellas County Elementary Lunch Menu

Thu

## Fun Fact!

**National Apple Week is** the 2nd week in August every year! Apples are a good source of vitamins C & A; minerals and fiber!



**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

Visit nutrislice.com for Menu & Nutrition Information. & to download the app on your mobile device! nutrislice

Mon



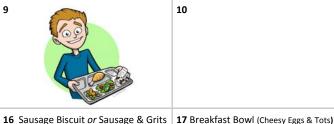
All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally weather, crops and supplies have other ideas!

Fri

10



Tue



Mini Eggo Confetti Pancakes Choose One: 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 Item: Sloppy Joe Platter

**Grilled Cheese** Farmer's Salad or Apple-a-Day Salad Jamwich Kit

#### Choose:

Tomato Soup Romaine Side Salad Cinnamon Roll Choose One:

Teriyaki Beef Dippers w/ Rice or Lo Mein Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant

## Choose:

Steamed Broccoli Sliced Cucumbers

Chicken Biscuit

Choose One:

Breakfast for Lunch Mini Calzones Chef Salad Chicken Caesar Wrap

## Choose:

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

Pizza Variety Cheesy Fish Filet or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich

> Choose: Corn Niblets

20 Maple Pancake Minis

Choose One:

21 Breakfast Sandwich (Egg/Ham/Cheese)

Wed

Sunshine Omelet Wrap

Fresh Veggie Dippers 24 Apple Cinnamon Texas Toast

Choose One:

Pizza Variety

Bologna & Cheese Sandwich

Choose:

Sliced Carrots

Fresh Veggie Dippers

\*\*Student Cheeseburger or Hamburger **Favorites** Chicken & Broccoli Penne Alfredo Day\*\* w/ Breadstick Students Choose Fruit & Yogurt Plate

the Entrees!



Choose One: Chicken Tender Basket w/ Oven Crinkle Fries Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant

## Choose:

Spinach or Collard Greens Sliced Cucumbers

Choose One: Beef or Pork Tacos

Max Cheese Sticks Chef Salad Chicken Caesar Wrap

Choose: Marinara Cup Refried Fiesta Beans

Leafy Green Side Salad

Teriyaki Chicken Bowl Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose:

Green Beans

Fresh Veggie Dippers

27 Pancake Pup

Choose:

Choose One: Chicken & Waffle **Cheesy Bread** Fruit & Yogurt Plate

Bologna & Cheese Sandwich Sweet Peas Marinara Cup

Fresh Veggie Dippers

Side Salad: Romaine Scrambled Egg, Bacon & Biscuit

Apple-a-Day Salad

Sandwich: Jamwich Kit

Choose One: Featured Item: Chicken Sliders Corn Dog

Farmer's Salad or Apple-a-Day Salad Jamwich Kit

Choose:

Country Baked Beans Romaine Side Salad

Glazed Dunker Choose One:

Chicken Drumstick w/ Hush Puppy Pasta & Meatballs Yogurt & Fruit Parfait Ham & Cheese Croissant

Choose:

Broccoli Sliced Cucumbers 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:

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

Choose:

**Mashed Potatoes** Fresh Veggie Dippers

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