

# NOVEMBER

## Pinellas County Elementary School Lunch Menu

### Fun Fact!

91% of Americans eat turkey on Thanksgiving!



#### 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 fruit & veggies with lunch meal)

May Choose 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Also 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><i>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!</i></p>			<p>1 Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b> Beef Rib B Q Sandwich Cheese Stick &amp; Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad</p>	<p>2 Breakfast Chicken Nibbler</p> <p><b>Choose One:</b> Pizza Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Mashed Potatoes Fresh Veggie Dippers</p>
<p>5 Eggo Mini Confetti Pancakes</p> <p><b>Choose One:</b> Breaded Chicken Sandwich Loaded Beef &amp; Cheese Nachos Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>6 Egg &amp; Cheese Croissant</p> <p><b>Choose One:</b> <b>Featured Entrée:</b> <b>Bean &amp; Cheese Chalupa &amp; Fiesta Rice</b> Grilled Cheese Sandwich Farmers' or Apple-A-Day Salad PBJ Jamwich Kit</p> <p><b>Choose:</b> Tomato Soup Romaine Side Salad</p>	<p>7 Cinnamon Roll</p> <p><b>Choose One:</b> Teriyaki Beef Dippers over Rice or Lo Mein Noodles Chicken Nuggets w/ Dip Cup Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Sliced Cucumbers Steamed Broccoli Florets</p>	<p>8 Sausage Biscuit or Grits &amp; Sausage</p> <p><b>Choose One:</b> Breakfast for Lunch Mini Cheese Calzones Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Deli Roasted Potatoes Leafy Green Side Salad</p>	<p>9 Brkfst Bowl (Cheesy Eggs &amp;Tots)</p> <p><b>Choose One:</b> Pizza Cheesy or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Corn Niblets Fresh Veggie Dippers</p>
<p>12 Maple Pancake Minis</p> <p><b>Choose One:</b> Hamburger or Cheeseburger Chicken &amp; Broccoli Penne Alfredo w/ Breadstick Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Sliced Carrots Fresh Veggie Dippers</p>	<p>13 Breakfast Sandwich(Egg/Ham/Chs)</p> <p><b>Choose One:</b> <b>Thanksgiving Holiday Meal</b> <b>Sliced Turkey w/Dressing, Gravy &amp; Roll</b> Bean &amp; Cheese Burrito Farmer's Salad • PBJ Jamwich Kit</p> <p><b>Choose:</b> Mashed Potatoes • Sweet Potatoes • Green Beans Romaine Side Salad • Holiday Cookie</p>	<p>14 Chicken Biscuit</p> <p><b>Choose One:</b> Chicken Tender Basket w/ Crinkle Oven Fries Macaroni &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Sliced Cucumbers Spinach or Collard Greens</p>	<p>15 Sunshine Omelet Wrap</p> <p><b>Choose One:</b> Beef or Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>16 Apple Cinnamon Texas Toast</p> <p><b>Choose One:</b> Pizza Teriyaki Chicken Bowl Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Green Beans Fresh Veggie Dippers</p>
<h1>THANKSGIVING BREAK</h1>				
<p>26 Pancake Pup</p> <p><b>Choose One:</b> Chicken &amp; Waffle Cheesy Bread Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Sweet Green Peas Marinara Cup Fresh Veggie Dippers</p>	<p>27 Scrambled Egg, Bacon, &amp; Biscuit</p> <p><b>Choose One:</b> <b>Featured Entrée:</b> <b>Stuffed Crust Cheese Pizza</b> Corn Dog Farmers' or Apple-A-Day Salad PBJ Jamwich Kit</p> <p><b>Choose:</b> Country Baked Beans Romaine Side Salad</p>	<p>28 Glazed Dunker</p> <p><b>Choose One:</b> Chicken Drumstick w/ Hush Puppy Pasta with Meatballs &amp; Sauce Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Steamed Broccoli Florets Sliced Cucumbers</p>	<p>29 Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b> Beef Rib B Q Sandwich Cheese Stick &amp; Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad</p>	<p>30 Breakfast Chicken Nibbler</p> <p><b>Choose One:</b> Pizza Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Mashed Potatoes Fresh Veggie Dippers</p>

