

SEPTEMBER

Pinellas County Elementary School Lunch 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
2 NO SCHOOL! 	3 Mini Confetti Pancakes Choose One: Breakfast for Lunch Cheesy Bread Chicken Caesar Salad Jamwich Kit Choose: Deli Roasted Potatoes Marinara Cup *Romaine Side Salad	4 Scones Choose One: Asian Beef & Broccoli Lo Mein Chicken Drumstick w/Hush Puppy Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets	5 Sausage Patty w/ Biscuit or Grits Choose One: Featured Item: Loaded Beef & Cheese Nachos Chicken Sandwich Apple-a-Day Salad Chicken Caesar Wrap Choose: Marinara Cup Battered Sweet Potato Fries Mixed Side Salad	6 Breakfast Skillet Choose One: Pizza Variety Cheesy Fish Filet Chef Salad Turkey & Cheese Hoagie or Sandwich Choose: Corn Niblets Fresh Veggie Dippers
9 Maple Pancake Minis Choose One: Cheeseburger or Hamburger Cheese Sticks & Toasted Ravioli Boat Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Marinara Cup Tater Tots * Fresh Veggie Dippers	10 Chicken Waffle Sandwich Choose One: Beef or Pork Tacos Cheese Pizza Crunchers Chicken Caesar Salad Jamwich Kit Choose: Refried Fiesta Beans Romaine Side Salad	11 Egg, Ham & Cheese Sandwich Choose One: Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Steamed Broccoli Florets Sliced Cucumbers	12 Apple Cinnamon Texas Toast Student Choice Menu <i>Students choose the hot entrees and vegetable options!</i> Plus: Apple-a-Day Salad Chicken Caesar Wrap Mixed Side Salad	13 Cheese Omelet w/ Toast Choose One: Pizza Variety Chicken & Waffle Chef Salad Turkey & Cheese Hoagie or Sandwich Choose: Mixed Vegetables Fresh Veggie Dippers
16 Pancake Pup Choose One: Chicken Tender Basket w/ Crispy Fries & Roll Max Cheese Sticks Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Marinara Cup Green Beans Fresh Veggie Dippers	17 Bacon, Egg & Cheese Pizza Choose One: Teriyaki Beef Dippers w/ Rice & Chow Mein Noodles Grilled Cheese Chicken Caesar Salad Jamwich Kit Choose: Tomato Soup Romaine Side Salad	18 Glazed Dunker Choose One: Chicken Fajita Cheez-It Bowl Pasta & Meatballs Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Spinach or Collard Greens Sliced Cucumbers	19 Scrambled Egg, Bacon & Biscuit Choose One: Featured Item: Italian Beef & Mushroom Pizza Corn Dog or Hot Dog Apple-a-Day Salad Chicken Caesar Wrap Choose: Country Baked Beans Mixed Side Salad	20 French Toast & Chicken Bites Choose One: Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey & Cheese Hoagie or Sandwich Choose: Green Peas Fresh Veggie Dippers
23 Egg & Cheese Croissant Choose One: Chicken Nuggets & Pretzel Rod Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Country Baked Beans Fresh Veggie Dippers	24 Mini Confetti Pancakes Choose One: Breakfast for Lunch Cheesy Bread Chicken Caesar Salad Jamwich Kit Choose: Marinara Cup Deli Roasted Potatoes Romaine Side Salad	25 Scones Choose One: Asian Beef & Broccoli Lo Mein Chicken Drumstick w/ Hush Puppy Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets	26 Sausage Patty w/ Biscuit or Grits Choose One: Featured Item: Mini Slider Burger Basket Chicken Sandwich Apple-a-Day Salad Chicken Caesar Wrap Choose: Marinara Cup Battered Sweet Potato Fries Mixed Side Salad	27 Breakfast Skillet Choose One: Pizza Variety Cheesy Fish Filet Chef Salad Turkey & Cheese Hoagie or Sandwich Choose: Corn Niblets Fresh Veggie Dippers
30 Maple Pancake Minis Choose One: Cheeseburger or Hamburger Cheese Sticks & Toasted Ravioli Boat Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Marinara Cup Tater Tots Fresh Veggie Dippers	<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 black; 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>	 <p>September is National Mushroom Month!</p>

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”!