

The first Popsicle was invented in 1905 by accident! An 11 year old boy left a drink with a stick in it on his porch one night and the next morning he found a frozen pop!



DAILY BREAKFAST CHOICES

Choose up to 2 Grain Choices such as cereal (=1), toast (=1), pancakes (=2), cinnamon Texas toast (=2) **OR** Choose 1 Grain and 1 Meat Choice such as a breakfast sandwich (=1G/1M)
Must choose at least 1: Fruit or Juice
May Choose 1: Milk
 Low Fat White Milk, Fat Free Flavored or Skim Milk

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 meal)

Available Daily:

Meatless Entrée, Entrée Salads, Cold Sandwiches, Variety of Fruits & Juices
May Choose: 1 Milk; Low Fat White Milk, Fat Free Chocolate Flavored or Skim Milk

All menus are subject to change.

We do our best to provide our customers with all of our planned options, however, occasionally crops, weather & supplies have other ideas!

August

Pinellas Middle School Menu



Mon	Tue	Wed	Thu	Fri
<h1>Summer Vacation!!</h1>				
MY SCHOOL Apps				
1	2	3	4	5
	<p>Students Choose the Menu!</p>			
		10	11	12
		Cinnamon Roll <u>Choose One:</u> Beef Dippers w/Rice & Roll Grilled Cheese Chicken Caesar Salad Ham & Cheese Croissant <u>Choose:</u> Tomato Soup Sliced Cucumbers	Apple Cinnamon Texas Toast <u>Choose One:</u> Chicken Drumstick w/Hush Puppies Mini Calzones Greek Salad Turkey Club Wrap <u>Choose:</u> Marinara Cup Broccoli Mixed or Tossed Salad	Pancake Pup <u>Choose One:</u> Pizza Potato Crusted Fish Sticks & Corn Muffin Cobb Salad Italian Sub <u>Choose:</u> Green Beans Veggie Dippers
15	16	17	18	19
Breakfast Sausage Bagel <u>Choose One:</u> BBQ Pork Nachos Max Sticks Chef Salad Turkey & Cheese Hoagie <u>Choose:</u> Marinara Cup Sweet Potato Waffles Fries Veggie Dippers	Maple Pancake Minis School Favorites Day 	Chicken Biscuit <u>Choose One:</u> Chicken & Waffle Stuffed Shells w/Garlic Breadstick Chicken Caesar Salad Ham & Cheese Croissant <u>Choose:</u> Spinach or Collard Greens Sliced Cucumber	Apple Bosco Stick <u>Choose One:</u> Mandarin Orange Chicken w/Rice & Roll Pepperoni Stromboli Greek Salad Turkey Club Wrap <u>Choose:</u> Marinara Cup Stir Fry Vegetables Mixed or Tossed Salad	Egg & Cheese Croissant <u>Choose One:</u> Pizza Fish Cake Sandwich w/Cheese Fruit & Yogurt Plate Italian Sub <u>Choose:</u> Seasoned Black Beans Veggie Dippers
22	23	24	25	26
Banana Pancakes <u>Choose One:</u> Spaghetti & Meatballs w/Breadstick Breded or Spicy Chicken Sandwich Farmer's Salad Turkey & Cheese Hoagie <u>Choose:</u> Waffle Fries Veggie Dippers	Sausage Biscuit <u>Choose One:</u> Featured Entrée: ** Chicken Bacon Sub ** Pizza Crunchers Chef Salad Chicken Caesar Wrap <u>Choose:</u> Broccoli Romaine Side Salad	Glazed WG Dunker <u>Choose One:</u> Hamburger or Cheeseburger Firecracker Chicken w/Rice & Roll Mandarin Orange Chicken Salad Ham & Cheese Croissant <u>Choose:</u> Edamame Blend Sliced Cucumbers	Bacon Egg & Cheese Pizza <u>Choose One:</u> Beef or Pork Tacos Cheesy Bread Greek Salad Turkey Club Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Mixed or Tossed Side Salad	Apple Cinn. Sausage Brk Stick <u>Choose One:</u> Pizza Cornmeal Fish Strips w/ Hushpuppies Chicken Caesar Salad Italian Sub <u>Choose:</u> Carrots Veggie Dippers
29	30	31	<div style="border: 2px solid black; padding: 10px;"> <p>Visit nutrilslice.com for Menu & Nutrition Information</p> </div>	
Blueberry Bash Mini Waffles <u>Choose One:</u> Chicken Nuggets & Roll Max Snax Quesadilla Chef Salad Turkey & Cheese Hoagie <u>Choose:</u> Salsa Corn Veggie Dippers	Scrambled Egg Bacon & Biscuit <u>Choose One:</u> Featured Entrée: ** Gilardi Breadstick ** Corndog Yogurt Parfait Chicken Caesar Wrap <u>Choose:</u> Baked Beans Romaine Salad	Cinnamon Roll <u>Choose One:</u> Beef Dippers w/Rice & Roll Grilled Cheese Chicken Caesar Salad Ham & Cheese Croissant <u>Choose:</u> Tomato Soup Sliced Cucumbers		