

Middle School Lunch Menu

prohibit it.

ENERGY FOR EDUCATION

Monday	Tuesday	Wednesday	Thursday	Friday
4 Choose One: Max Cheese Sticks or Cheese Quesadillas OR Chef Salad OR Turkey Club Wrap or PBJ Sandwiches Choose Marinara or Salsa Cup or Carrot & Celery Cup 100% Fruit Juice or Cupped Fruit	5 <u>Choose One:</u> Loaded BBQ Pork & Cheese Nachos ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap or PBJ Sandwiches <u>Choose</u> Corn Niblets 100% Fruit Juice or Fresh Fruit	6 Choose One: Teriyaki Beef Dippers w/ Rice & Roll ~OR~ Greek Salad ~OR~ Ham & Cheese or PBJ Sandwiches Choose Steamed Broccoli 100% Fruit Juice or Cupped Fruit	7 Choose One: Popcorn Chicken & Waffle ~OR~ Yogurt & Fruit Parfait ~OR~ Buffalo Chicken Wrap or PBJ Sandwiches Choose Sliced Cucumbers 100% Fruit Juice or Fresh Fruit	8 Choose One: Italiano School Choice ~OR~ Chicken Caesar Salad ~OR~ Turkey & Cheese or PBJ Sandwice Choose Marinara Cup or Romaine Side Sa 100% Fruit Juice or Cupped Fru
11 Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles or Sweet Thai Chilli Chicken w/ Rice & Roll ~OR~ Chef Salad ~OR~ Turkey Club Wrap or PBJ Sandwiches Choose Sweet Green Peas 100% Fruit Juice or Cupped Fruit	12 <u>Choose One:</u> Beef, Pork, Chicken Tacos ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap or PBJ Sandwiches <u>Choose</u> Refried Fiesta Beans 100% Fruit Juice or Fresh Fruit	13 Choose One: Cheese Sticks & Toasted Ravioli Boat ~OR~ Greek Salad ~OR~ Ham & Cheese or PBJ Sandwiches Choose Steamed Broccoli 100% Fruit Juice or Cupped Fruit	14 Choose One: Cheeseburger or Hamburger ~OR~ Yogurt & Fruit Parfait ~OR~ Buffalo Chicken Wrap or PBJ Sandwiches Choose Crispy Fries 100% Fruit Juice or Fresh Fruit	15 <u>Choose One:</u> Chicken Nuggets or Tenders of Chicken Sandwich ~OR~ Chicken Caesar Salad ~OR~ Turkey & Cheese or PBJ Sandwich <u>Choose</u> Carrot & Celery Cup 100% Fruit Juice or Cupped Fru
NO SCHOOL MARTIN LUTHER KING DAY	NO SCHOOL teacher planning day	20 <u>Choose One:</u> Teriyaki Beef Dippers w/ Rice & Roll ~OR~ Greek Salad ~OR~ Ham & Cheese or PBJ Sandwiches <u>Choose</u> Steamed Broccoli 100% Fruit Juice or Cupped Fruit	21 Choose One: Popcorn Chicken & Waffle ~OR~ Yogurt & Fruit Parfait ~OR~ Buffalo Chicken Wrap or PBJ Sandwiches Choose Sliced Cucumbers 100% Fruit Juice or Fresh Fruit	22 <u>Choose One:</u> Italiano School Choice ~OR~ Chicken Caesar Salad ~OR~ Turkey & Cheese or PBJ Sandwi <u>Choose</u> Marinara Cup or Romaine Side S 100% Fruit Juice or Cupped Fr
25 Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles or Sweet Thai Chili Chicken w/ Rice & Roll ~OR~ Chef Salad ~OR~ Turkey Club Wrap or PBJ Sandwiches Choose Sweet Green Peas 100% Fruit Juice or Cupped Fruit	26 <u>Choose One:</u> Beef, Pork, Chicken Tacos ~OR~ Fruit & Yogurt Plate ~OR~ Chicken Caesar Wrap or PBJ Sandwiches <u>Choose</u> Refried Fiesta Beans 100% Fruit Juice or Fresh Fruit	27 Choose One: Cheese Sticks & Toasted Ravioli Boat ~OR~ Greek Salad ~OR~ Ham & Cheese or PBJ Sandwiches Choose Steamed Broccoli 100% Fruit Juice or Cupped Fruit	28 Choose One: Cheeseburger or Hamburger ~OR ~ Yogurt & Fruit Parfait ~OR ~ Buffalo Chicken Wrap or PBJ Sandwiches Choose Crispy Fries 100% Fruit Juice or Fresh Fruit	29 <u>Choose One:</u> Chicken Nuggets <i>or</i> Tenders <i>o</i> Chicken Sandwich ~OR~ Chicken Caesar Salad ~OR~ Turkey & Cheese <i>or</i> PBJ Sandwich <u>Choose</u> Carrot & Celery Cup 100% Fruit Juice <i>or</i> Cupped Fr
	21	All Meals Include a Choice Milk	All menus are subject to change! We do our best to provide our customers with all of our planned options; however, occasionally issues beyond our control	Pinellas County Schools FOOD AND NUTRITION CONTROL CONT