

OCTOBER 2025 MIDDLE MENU

Breakfast

All breakfasts includes an Entrée, Fruit/Juice*, and Choice of Milk

BREAKFAST IS FREE
FOR ALL
PINELLAS COUNTY
SCHOOL STUDENTS!

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|---|---|
| Chicken Biscuit Cupped or Dried Fruit Choice of Milk | Bacon & Cheese Egg Bite on Brazilian Bun Seasonal Fresh Fruit Choice of Milk | Chocolate Chip French Toast Mini Bites Cupped or Dried Fruit Choice of Milk | Sausage Biscuit Seasonal Fresh Fruit Choice of Milk | Apple Cinnamon French Toast Cupped or Dried Fruit Choice of Milk |
| Cold Cereal Variety | Yogurt Cup Combo | Honey PB&J Uncrustable | Assortment of Pastries Glazed Pull-A-Part or Caramel Mini Cinnis Roll, WG Powdered Donuts, Cocoa Cherry Bar Combo | OFFERED DAILY |
| Breakfast Bread Slice Banana, Pumpkin | Breakfast Parfait with Seasonal Fruit | Whole Grain Pop-Tart Fudge | Breakfast Muffin Sunrise, Cherry | |

Lunch

All lunch includes an Entrée, Choice of Fruit/Juice* and Vegetables, and Choice of Milk

*Must choose at least 1 fruit/vegetable, may choose up to 2 servings of each.

Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

| OFFERED DAILY | Monday | Tuesday | Wednesday | Thursday | Friday |
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| Oven Fresh Pizza Cheese or Pepperoni Pizza available |  | | 1 Boneless Wings & Dutch Waffle or Macaroni & Cheese w/ Roll Country Baked Beans | 2 Three Cheese Quesadilla or Corn Dog w/ Onion Rings & Boom-Boom Sauce Salsa Cup Steamed Broccoli Florets | 3 Cheese or Pepperoni Pizza or Crispy or Spicy Breaded Chicken Sandwich Mashed Potato & Gravy |
| Chicken Sandwich Crispy Breaded or Spicy Breaded available | 6 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup | 7 Beef or Pork Taco or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans | 8 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels | 9 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets | 10 Beef Meatball Sub or Pasta & Beef Meatballs in Sauce |
| Grilled Hamburger Cheeseburger also available | 13 No School for Students  | 14 BBQ Pork & Cheese Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans | 15 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels | 16 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets | 17 Boneless Wings & Dutch Waffle |
| Cold Sandwich Grape PB&J Uncrustable, Turkey or Ham-Turkey and Cheese Hoagie available | NATIONAL SCHOOL LUNCH WEEK October 13-17, 2025 Taste the World with Your School Lunch Passport! | | | | |
| Cold Wrap Ceaser Wrap, Crispy or Spicy Breaded Wrap available | 20 Philly Beef & Cheese Sub or Pepperoni (beef) Calzone Marinara Sauce Cup | 21 Beef or Pork Taco or Cheese Pizza Crunchers Salsa Cup Fiesta Refried Beans | 22 Boneless Wings & Rings with Boom-Boom Sauce or Meat Lovers Stromboli Marinara Sauce Steamed Corn Kernels | 23 New Orleans Grilled Chicken w/ Ramen Noodles & Fortune Cookie or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets | 24 Beef Meatball Sub or Pasta & Sauce |
| Specialty Salad Yogurt, Fruit & Granola Parfait, Crispy or Spicy Breaded Chicken Salad, Ceaser Chicken Salad available | 27 Tangerine Chicken w/ Rice & Fortune Cookie or Pepperoni (beef) Calzone Marinara Sauce Cup | 28 BBQ Pork & Cheese Nachos or Cheese Pizza Crunchers Salsa Cup Santa Fe Black Beans | 29 Popcorn Chicken Potato Bowl w/ Gravy & Biscuit or Meat Lovers Stromboli Marinara Sauce Cup Steamed Corn Kernels | 30 Sliced Beef & Broccoli w/ Ramen Noodles or Cheesy Bread Marinara Sauce Cup Steamed Broccoli Florets | 31 Boneless Wings & Dutch Waffle |
| Assortment of Fruits, Vegetables, and 100% Fruit Juice available daily | | | | | |

★A la carte Smart Snacks may be available for purchase★