

MAY

Pinellas County Middle School Lunch Menu

Fun Facts!



Fresh from Florida Harvest of the Month Corn is one of the most popular cereal grains in the world—and like all cereal crops, are members of the grass family!

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 lunchmeal) 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



Follow us!
@my_pcs
#pinellassehfood

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sweet Corn</p>		<p>1 Cinnamon Roll</p> <p>Choose One: Chicken Drumstick w/ Hush Puppies Cheese Stick & Toasted Ravioli Boat w/ Tuscan Sauce Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Mashed Potatoes & Gravy Sliced Cucumbers</p>	<p>2 Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Teriyaki Beef Dippers over Rice <u>or</u> Lo Mein Noodles & Roll Cheese Quesadillas Greek <u>or</u> Cobb Salad Chicken Caesar Wrap</p> <p>Choose: Steamed Broccoli Florets Salsa Cup • Leafy Green Side Salad</p>	<p>3 Breakfast Bowl (Cheesy Eggs & Tots)</p> <p>Choose One: Chicken Tender Basket w/ Onion Rings Cheesy <u>or</u> Spicy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sliced Carrots Fresh Veggie Dippers</p>
<p>6 Maple Pancake Minis</p> <p>Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap</p> <p>Choose: Green Beans * Fresh Veggie Dippers</p>	<p>7 Breakfast Sandwich (Egg/Ham/Chs)</p> <p>**Special Featured Item** Popcorn Chicken Bowl Managers' Choice Entree Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Corn Niblets Romaine Side Salad</p>	<p>8 Chicken Biscuit</p> <p>Choose One: Bacon Cheeseburger <u>or</u> Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Sliced Cucumbers Sweet Potato Waffle Fries</p>	<p>9 Sunshine Omelet Wrap</p> <p>Choose One: Beef <u>or</u> Pork Tacos Cheesy Bread Greek <u>or</u> Taco Salad Chicken Caesar Wrap</p> <p>Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>10 Apple Cinnamon Texas Toast</p> <p>Choose One: Chicken & Waffle Max Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Marinara Cup Spinach or Collard Greens Fresh Veggie Dippers</p>
<p>13 Pancake Pup</p> <p>Choose One: Honey Sriracha Boneless Wings & Roll Managers' Choice Entree Chef Salad Turkey Club Wrap</p> <p>Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>14 Scrambled Egg, Bacon, & Biscuit</p> <p>Choose One: Grilled Cheese Sandwich Managers' Choice Entree Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Tomato Soup Romaine Side Salad</p>	<p>15 Glazed Dunker</p> <p>Choose One: Homestyle <u>or</u> Spicy Chicken Sandwich Managers' Choice Entree Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Broccoli Sliced Cucumbers</p>	<p>16 Bacon, Egg & Cheese Pizza</p> <p>Choose One: Hamburger <u>or</u> Cheeseburger Managers' Choice Entree Greek <u>or</u> Veggie Dipper Salad Chicken Caesar Wrap</p> <p>Choose: Corn Niblets Leafy Green Side Salad</p>	<p>17 Breakfast Chicken Nibbler</p> <p>Choose One: Roasted Chicken w/ Quinoa-Rice Blend & Roll Managers' Choice Entree Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Peas <u>or</u> Green Beans Fresh Veggie Dippers</p>
<p>20 Eggo Mini Confetti Pancakes</p> <p>Choose One: Chicken Nuggets w/ Roll Managers' Choice Entree Cold Entrée Salad Choice Cold Sandwich Choice</p> <p>Choose From: Hot Veggie & Fresh Side Salad Choices</p>	<p>21 Egg & Cheese Croissant</p> <p>Choose One: Corn Dog Managers' Choice Entree Cold Entrée Salad Choice Cold Sandwich Choice</p> <p>Choose From: Hot Veggie & Fresh Side Salad Choices</p>	<p>22 Cinnamon Roll</p> <p>Choose One: Cheese Stick & Toasted Ravioli Boat w/ Tuscan Sauce Managers' Choice Entree Cold Entrée Salad Choice Cold Sandwich Choice</p> <p>Choose From: Hot Veggie & Fresh Side Salad Choices</p>	<p>23 Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Teriyaki Beef Dippers Over Rice <u>or</u> Lo Mein Noodles & Roll Managers' Choice Entree Cold Entrée Salad Choice Cold Sandwich Choice</p> <p>Choose From: Hot Veggie & Fresh Side Salad Choices</p>	<p>24 Apple Cinnamon French Toast</p> <p>Choose One: Chicken Tender Basket w/ Onion Rings Managers' Choice Entree Cold Entrée Salad Choice Cold Sandwich Choice</p> <p>Choose From: Hot Veggie & Fresh Side Salad Choices</p>
<p>27 NO SCHOOL</p> <p>Memorial DAY</p>	<p>28 Managers' Choice Hot Entree</p> <p>Managers' Choice Hot Entree Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>	<p>29 Managers' Choice Hot Entree</p> <p>Last Day of School! Managers' Choice Hot Entree Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>	<p>30</p> <p>SCHOOLS OUT FOR THE SUMMER</p>	

In accordance with Federal Law and US Department of Agriculture policy, Pinellas County School Food Service is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs). To file a complaint of discrimination, write: USDA, Director, Office of Civil Rights, 1400 Independence Av. SW, Washington D.C. 20250-9410; or email: program.intake@usda.gov. This institution is an equal opportunity provider/employer.