

MAY

Pinellas County One-Lunch HS 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



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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sweet Corn</p>		<p>1 Cinnamon Roll</p> <p>Choose One: Chicken & Broccoli Penne Alfredo w/ Roll Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Oven Crinkle Fries Sliced Cucumbers</p>	<p>2 Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Beef or Pork Tacos Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Green Beans Romaine Side Salad</p>	<p>3 Breakfast Bowl (Cheesy Eggs & Tots)</p> <p>Choose One: Cheese Stick & Toasted Ravioli Boat w/ Tuscan Sauce Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Steamed Broccoli Florets Fresh Carrots w/ Dip</p>
<p>6 Maple Pancake Minis</p> <p>Choose One: Chicken Nuggets w/ Roll Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Seasoned Curly Fries Fresh Veggie Dippers</p>	<p>7 Breakfast Sandwich (Egg/Ham/Chs)</p> <p>Choose One: Pizza Crunchers Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Broccoli Florets Romaine Side Salad</p>	<p>8 Chicken Biscuit</p> <p>Choose One: Chipotle Mac & Cheese-BBQ Pork Bowl w/ Roll Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Corn Niblets Sliced Cucumbers</p>	<p>9 Sunshine Omelet Wrap w/ Bacon</p> <p>Choose One: Teriyaki Beef Dippers over Rice or Lo Mein & Roll Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Santa Fe Black Beans Romaine Side Salad</p>	<p>10 Apple Cinnamon Texas Toast</p> <p>Choose One: Chicken & Waffle Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Sweet Peas or Green Beans Fresh Carrots w/ Dip</p>
<p>13 Pancake Pup</p> <p>Choose One: Cheese Tortellini Bake w/ Breadstick Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Mashed Potatoes & Gravy Fresh Veggie Dippers</p>	<p>14 Scrambled Egg, Bacon, & Biscuit</p> <p>Choose One: Beef Rib B Q Sandwich Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Country Baked Beans Romaine Side Salad</p>	<p>15 Glazed Dunker</p> <p>Choose One: Boneless Buffalo Chicken w/ Biscuit Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Green Beans Sliced Cucumbers</p>	<p>16 Bacon, Egg & Cheese Pizza</p> <p>Choose One: Loaded BBQ Pork & Cheese Nachos Assorted Entrée Salad & Cold Sandwich Choices</p> <p>Choose: Corn Niblets Romaine Side Salad</p>	<p>17 Breakfast Chicken Nibbler</p> <p>Managers' Choice Hot Entrée Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>
<p>20 Eggo Mini Confetti Pancakes</p> <p>Managers' Choice Hot Entrée Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>	<p>21 Egg & Cheese Croissant</p> <p>Managers' Choice Hot Entrée Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>	<p>22 Cinnamon Roll</p> <p>Managers' Choice Hot Entrée Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>	<p>23 Sausage Biscuit or Sausage & Grits</p> <p>Managers' Choice Hot Entrée Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>	<p>24 Apple Cinnamon French Toast</p> <p>Managers' Choice Hot Entrée Cold Entrée Salad Choice Cold Sandwich Choice Hot &/or Cold Vegetable Choice</p> <p>Fruit Choices: Fresh, Frozen, Cupped or Juice</p>
<p>27 NO SCHOOL</p> <p>Memorial DAY</p>	<p>28 Managers' Choice Breakfast</p> <p>Managers' Choice Lunch Entrée 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 Breakfast</p> <p>Last Day of School! Managers' Choice Lunch Entrée 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>	