

AUGUST

Pinellas County Middle School Lunch Menu

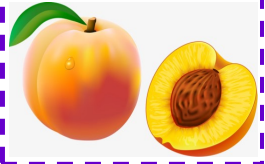
DAILY BREAKFAST CHOICES
 Hot or cold breakfast choices are available daily, i.e.: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.



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 their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily:
 Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

Fun Facts!

August is National Peach Month!
 Did you know that the peach originated in China? Peaches are a good source of vitamins A, B, & C!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>7</p> <p>Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!</p> 		<p>8</p> <p>Back to School</p>  <p>9</p>	<p>1</p>	<p>2</p> <p>All menus are subject to change! We do our best to provide our customers with all of our planned options, however, occasionally weather, crops and supplies have other ideas!</p>
<p>12</p> <p> </p> <p>Follow us! @my_pes #pinellassehfood</p>	<p>13</p>	<p>14</p> <p>Scones (Orange Passion or Blueberry Lemon) Choose One: Tailgate Basket Cheese Pizza Crunchers Chicken Caesar Salad Deli Carver Combo Choose: Corn Niblets Sliced Cucumbers</p>	<p>15</p> <p>Sausage Biscuit or Sausage & Grits Choose One: Featured Item: Chicken Sandwich Meat Lovers Stromboli Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Mixed Vegetables Marinara Cup Mixed Side Salad</p>	<p>16</p> <p>Breakfast Skillet (egg, cheese, potato & toast) Choose One: Teriyaki Beef Dippers w/ Rice & Roll Ocean Treasure Fish Nuggets w/ Roll Fruit & Yogurt Plate Turkey & Cheese Wrap Choose: Green Peas Fresh Veggie Dippers</p>
<p>19</p> <p>Maple Pancake Minis Choose One: Chicken Fajita Cheez-It Bowl Cheeseburger or Hamburger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Crispy Fries Fresh Veggie Dippers</p>	<p>20</p> <p>Chicken Waffle Sandwich Choose One: Beef or Pork Tacos Cheese Sticks & Toasted Ravioli Boat Turkey Club Wrap Chicken Caesar or Taco Salad Choose: Mariana Cup Refried Fiesta Beans Romaine Side Salad</p>	<p>21</p> <p>Egg, Ham & Cheese Sandwich Choose One: Chicken & Waffle Cheesy Bread Chef Salad Deli Carver Combo Choose: Marinara Cup Green Beans Sliced Cucumbers</p>	<p>22</p> <p>Apple Cinnamon Texas Toast Student Choice Menu Students choose the hot entrees and vegetable options! Entrée Salad: Greek or Apple-a-Day Salad Sandwich: Chicken Caesar Wrap Side Salad: Mixed</p>	<p>23</p> <p>Cheese Omelet w/ Toast Choose One: Asian Beef & Broccoli Lo Mein w/ Roll Chicken Nuggets & Roll Fruit & Yogurt Plate Turkey & Cheese Wrap Choose: Steamed Broccoli Florets Fresh Veggie Dippers</p>
<p>26</p> <p>Pancake Pup Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles Designer Burger: Carwise MS BBQ Swiss Bacon Burger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Fresh Veggie Dippers Battered Sweet Potato Fries</p>	<p>27</p> <p>Bacon, Egg & Cheese Pizza Choose One: Chicken Drumstick & Hush Puppies Max Sticks Turkey Club Wrap Chicken Caesar Salad Choose: Marinara Cup Mashed Potatoes & Gravy Romaine Side Salad</p>	<p>28</p> <p>Glazed Dunker Choose One: Pasta & Meatballs w/ Breadstick Bean & Cheese Burrito Chef Salad Deli Carver Combo Choose: Salsa Cup Spinach or Collard Greens Sliced Cucumbers</p>	<p>29</p> <p>Scrambled Egg, Bacon & Biscuit Choose One: Featured Item: Popcorn Chicken Bowl w/ Biscuit Grilled Cheese Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Tomato Soup Mixed Side Salad</p>	<p>30</p> <p>French Toast & Chicken Bites Choose One: Chicken Tender Basket w/ Onion Rings Cheesy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Wrap Choose: Country Baked Beans Fresh Veggie Dippers</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.