

OCTOBER 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



Monday	Tuesday	Wednesday	Thursday	Friday
<p>National School Lunch Week! October 14 => 18</p> 	<p>1 Chicken Waffle Sandwich Choose One: Beef or Pork Tacos Cheese Sticks & Toasted Ravioli Boat Turkey Club Wrap Chicken Caesar or Taco Salad Choose: Marinara Cup * Fiesta Beans * Romaine Side Salad</p>	<p>2 Egg, Ham & Cheese Sandwich Choose One: Chicken & Waffle Cheesy Bread Chef Salad Deli Carver Combo Choose: Marinara Cup * Green Beans Sliced Cucumbers</p>	<p>3 Apple Cinnamon Texas Toast Student Choice Menu <i>Students choose the hot entrees!</i> Veg choice: Emoticon Potatoes Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i></p>	<p>4 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>7 Pancake Pup Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles Designer Burger: Mad Beach Burger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Fresh Veggie Dippers Battered Sweet Potato Fries</p>	<p>8 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>9 Glazed Dunker Choose One: Pasta & Meatsauce w/ Breadstick Bean & Cheese Burrito Chef Salad Deli Carver Combo Choose: Salsa Cup Spinach or Collard Greens</p>	<p>10 Scrambled Egg, Bacon & Biscuit Choose One: Featured Item: Sweet Thai Chili Chicken Bowl w/ Roll Grilled Cheese Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Tomato Soup Mixed Side Salad</p>	<p>11 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>
<p>14 NO SCHOOL FOR STUDENTS!</p> 	<p>15 Mini Confetti Pancakes Choose One: Happy! Breaded Chicken Sandwich Loaded BBQ Pork & Cheese Nachos Yogurt & Fruit Parfait Shake it Off! Turkey Club Wrap Choose: Santa Fe Black Beans Rockin' Romaine Side Salad</p>	<p>16 Scones Choose One: Call Me Maybe! Tailgate Basket 7 Rings! Cheese Pizza Crunchers All Shook Up! Chicken Caesar Salad Deli Carver Combo Choose: Calypso! Corn Niblets Sliced Cucumbers</p>	<p>17 Sausage Patty w/ Biscuit or Grits Choose One: Featured Item: Mamma Mia! Pizzaboli Yeah! Meat Lovers Stromboli Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Mixed Vegetables Marinara Cup * Mixed Side Salad</p>	<p>18 Breakfast Skillet Choose One: Teriyaki Beef Dippers w/ Rice & Roll Ocean Treasure Fish Nuggets w/ Roll Funky! Fruit & Yogurt Plate Twist & Shout! Turkey & Cheese Wrap Choose: Groovin'! Green Peas Fresh Veggie Dippers</p>
<p>21 Maple Pancake Minis Choose One: Chicken Fajita Cheez-It Bowl Cheeseburger or Hamburger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Crispy Fries * Veggie Dippers</p>	<p>22 Chicken Waffle Sandwich Choose One: Beef or Pork Tacos Cheese Sticks & Toasted Ravioli Boat Turkey Club Wrap Chicken Caesar or Taco Salad Choose: Marinara Cup * Fiesta Beans Romaine Side Salad</p>	<p>23 Egg, Ham & Cheese Sandwich Choose One: Chicken & Waffle Cheesy Bread Chef Salad Deli Carver Combo Choose: Marinara Cup * Green Beans Sliced Cucumbers</p>	<p>24 Apple Cinnamon Texas Toast Student Choice Menu <i>Students choose the hot entrees and vegetable options!</i> Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i></p>	<p>25 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>28 Pancake Pup Choose One: Mandarin Orange Chicken w/ Rice & Chow Mein Noodles Designer Burger: Fitz SmashMouth Burger Yogurt & Fruit Parfait Ham & Cheese Sandwich Choose: Fresh Veggie Dippers Battered Sweet Potato Fries</p>	<p>29 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 Harvest of the Month Fresh from FL Satsumas! today</p>	<p>30 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>31 Scrambled Egg, Bacon & Biscuit Choose One: Featured Item: Bat Nuggets w/ Pretzel Rod Farm to School Cookie w/ every meal! Grilled Cheese Greek or Apple-a-Day Salad Chicken Caesar Wrap Choose: Tomato Soup Mixed Side Salad</p>	