OCTOBER Pinellas County Middle School Lunch Menu

	Monday	Tuesday	Wednesday	Thursday	Friday
	National School	1 Chicken Waffle Sandwich	2 Egg, Ham & Cheese Sandwich	3 Apple Cinnamon Texas Toast	4 Cheese Omelet w/ Toast
DAILY BREAKFAST CHOICES	Lunch Week	<u>Choose One:</u>	<u>Choose One:</u>	Student Choice Menu	Choose One:
Hot or cold breakfast		Beef or Pork Tacos	Chicken & Waffle	Students choose the	Asian Beef & Broccoli Lo Mein w/ Roll
choices are available daily, <i>i.e.</i> : Breakfast	October 14 =>18	Cheese Sticks &	Cheesy Bread	hot entrees !	Chicken Nuggets & Roll
Sandwich, Pancakes, Cereal &		Toasted Ravioli Boat	Chef Salad	Veg choice: Emoticon Potatoes	Fruit & Yogurt Plate
Toast, or Cereal Bar & Toast.	V L - V L	Turkey Club Wrap	Deli Carver Combo	Entrée Salad: Apple-a-Day Salad	Turkey & Cheese Wrap
Must choose at least 1:	1 (T) (D) (J (A) (J)	Chicken Caesar or Taco Salad	<u><i>Choose:</i></u> Marinara Cup * Green Beans	Sandwich: Chicken Caesar Wrap	Choose: Steamed Broccoli Florets
Fruit or Juice.		<u>Choose</u> : Marinara Cup * Fiesta Beans * Romaine Side Salad	Sliced Cucumbers	Side Salad: Mixed	Fresh Veggie Dippers
May choose 1: Milk Skim, Low Fat White, or					
Fat Free Chocolate.	7 Pancake Pup	8 Bacon, Egg & Cheese Pizza	9 Glazed Dunker	10 Scrambled Egg, Bacon & Biscuit	11 French Toast & Chicken Bites
DAILY LUNCH CHOICES: Choose 1: Entrée.	<u>Choose One:</u> Mandarin Orange Chicken	<u>Choose One:</u> Chicken Drumstick & Hush Puppies	<u>Choose One:</u>	<u>Choose One:</u>	<u>Choose One:</u>
Must choose at least 1:	w/ Rice & Chow Mein Noodles	Max Sticks	Pasta & Meatsauce <i>w/ Breadstick</i>	Featured Item: Sweet Thai Chili Chicken Bowl	Chicken Tender Basket w/ Onion Rings
Fruit or Vegetable (may choose up to 2 servings each	Designer Burger.	Turkey Club Wrap	Bean & Cheese Burrito	w/ Roll	Cheesy Fish Filet Sandwich
of fruits & veggies with their	Mad Beach Burger	Chicken Caesar Salad	Chef Salad	Grilled Cheese	Fruit & Yogurt Plate
lunch meal) May Choose: 1 Milk; Skim,	Yogurt & Fruit Parfait	<u>Choose:</u>	Deli Carver Combo <u>Choose:</u>	Greek or Apple-a-Day Salad	Turkey & Cheese Wrap
Low Fat White, or	Ham & Cheese Sandwich	Marinara Cup	Salsa Cup	Chicken Caesar Wrap	Choose: Country Baked Beans
Fat Free Chocolate.	Choose: Fresh Veggie Dippers	Mashed Potatoes & Gravy	Spinach <i>or</i> Collard Greens	<u>Choose:</u> Tomato Soup	Fresh Veggie Dippers
<u>Available for lunch daily</u> : Meat or Meatless Entrée,	Battered Sweet Potato Fries	Romaine Side Salad	Spinder of Condia Greens	Mixed Side Salad	
Entrée Salads, Cold			10		
Sandwiches, Hot & Cold Vege- table choices, Variety of Fruits	14 NO SCHOOL FOR STUDENTS	15 Mini Confetti Pancakes	16 Scones	17 Sausage Patty w/ Biscuit or Grits Choose One:	18 Breakfast Skillet
(fresh or cupped)		<u>Choose One:</u> Happy! Breaded Chicken Sandwich	<u>Choose One:</u> Call Me Maybe! Tailgate Basket	Featured Item:	<u>Choose One:</u> Teriyaki Beef Dippers <i>w/ Rice & Roll</i>
& Juices	SCHOOL N	Loaded BBQ Pork & Cheese Nachos	7 Rings! Cheese Pizza Crunchers	Mamma Mia! Pizzaboli	Ocean Treasure Fish Nuggets <i>w/ Roll</i>
	🐣 LUNCH: 🐣	Yogurt & Fruit Parfait	All Shook Up! Chicken Caesar Salad	Yeah! Meat Lovers Stromboli	Funky! Fruit & Yogurt Plate
	what's	Shake it Off! Turkey Club Wrap	Deli Carver Combo	Greek or Apple-a-Day Salad	<i>Twist & Shout!</i> Turkey & Cheese
	playlist?	<i>Choose:</i> Santa Fe Black Beans	Choose:	Chicken Caesar Wrap	Wrap
rain us!		Rockin' Romaine Side Salad	Calypso! Corn Niblets	<u>Choose</u> : Mixed Vegetables	Choose: Groovin'! Green Peas
Celebrate		Kockin Komaine Side Salad	Sliced Cucumbers	Marinara Cup * Mixed Side Salad	Fresh Veggie Dippers
Gelebrate	24				
	21 Maple Pancake Minis Choose One:	22 Chicken Waffle Sandwich Choose One:	23 Egg, Ham & Cheese Sandwich Choose One:	24 Apple Cinnamon Texas Toast	25 Cheese Omelet w/ Toast Choose One:
	Chicken Fajita Cheez-It Bowl	Beef <i>or</i> Pork Tacos	Chicken & Waffle	Student Choice Menu	Asian Beef & Broccoli Lo Mein
	Cheeseburger <i>or</i> Hamburger	Cheese Sticks &	Cheesy Bread	Students choose the	w/ Roll
NATIONAL	Yogurt & Fruit Parfait	Toasted Ravioli Boat	Chef Salad	hot entrees and vegetable op-	Chicken Nuggets & Roll
FARM to SCHOOL	Ham & Cheese Sandwich	Turkey Club Wrap	Deli Carver Combo	tions!	Fruit & Yogurt Plate
farmteschool.org MONTH .	Choose:	Chicken Caesar or Taco Salad	<u>Choose:</u>	Entrée Salad: Apple-a-Day Salad	Turkey & Cheese Wrap
	Crispy Fries * Veggie Dippers	Choose: Marinara Cup * Fiesta Beans	Marinara Cup * Green Beans	Sandwich: Chicken Caesar Wrap	Choose: Steamed Broccoli Florets
		Romaine Side Salad	Sliced Cucumbers	Side Salad: Mixed	Fresh Veggie Dippers
	28 Pancake Pup	29 Bacon, Egg & Cheese Pizza	30 Glazed Dunker	31 Scrambled Egg, Bacon & Biscuit	
	Choose One:	Choose One:	<u>Choose One:</u>	Choose One:	
Visit nutrislice.com for	Mandarin Orange Chicken	Chicken Drumstick & Hush Puppies	Pasta & Meatballs w/ Breadstick	Featured Item:	
Menu & Nutrition Infor- mation, & to download the	w/ Rice & Chow Mein Noodles	Max Sticks	Bean & Cheese Burrito	Bat Nuggets w/ Pretzel Rod	
app on your mobile device!	Designer Burger:	Turkey Club Wrap	Chef Salad	Farm to School Cookie w/ every meal!	
	Fitz SmashMouth Burger Yogurt & Fruit Parfait	Chicken Caesar Salad	Deli Carver Combo	Grilled Cheese	
<i>Inutrislice</i>	Ham & Cheese Sandwich	<u>Choose:</u> Marinara Cup Mashed Potatoes & Gravy	<u>Choose:</u>	Greek or Apple-a-Day Salad	NIL.
	<u>Choose:</u> Fresh Veggie Dippers	Romaine Side Salad	Salsa Cup	Chicken Caesar Wrap	
	Battered Sweet Potato Fries	Romaine Side Salad Harvest of the Month	Spinach or Collard Greens	<u>Choose:</u> Tomato Soup	
	Battered Sweet Foldto Fries	Fresh from FL Satsumas! today	Sliced Cucumbers	Mixed Side Salad	hresh
					Florida

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