

Fun Facts!

# December

# Pinellas Middle School Lunch Menu

December is National Pear Month! YUM



December is National Hand Washing Awareness Month



### 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><i>Visit <a href="http://nutrilslice.com">nutrilslice.com</a> for Menu &amp; Nutrition Information. You can also download the app on your mobile device!</i></p> 	<p>Visit <a href="http://MySchoolApps.com">MySchool Apps.com</a> Apply on line for Free Lunch. Quick &amp; Easy</p>	<p><a href="http://www.MySchoolBucks.com">www.MySchool Bucks.com</a> Make payment with credit <b>GET LOW BALANCE NOTICE</b></p>	<p><i>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!</i></p>	<p>1 Breakfast Taco / Donut <b>Choose One:</b> Chicken Tender w/ Onion Rings Cheesy Fish Filet Variety Pizza Fruit &amp; Yogurt Plate, Italian Sub <b>Choose:</b> Green Beans * Coleslaw</p>
<p>4 Maple Pancake Minis <b>Choose One:</b> Loaded BBQ Pork &amp; Cheese Nachos Max Sticks Cheeseburgers Chef Salad, Turkey Club Wrap <b>Choose:</b> Seasoned Black Beans Marinara Cup * Veggie Dippers</p>	<p>5 Egg/Ham/Cheese English Muffin <b>Choose One:</b> Chicken Nuggets w/ Roll Corn Dog Pizza Chicken Caesar Salad Ham &amp; Cheese <b>Choose:</b> Corn, Romaine Salad</p>	<p>6 Chicken Biscuit <b>Choose One:</b> Chicken &amp; Waffle Rib-B-Q Sandwich Cheesy Bread Yogurt Parfait, Turkey &amp; Cheese <b>Choose:</b> Spinach, Marinara Cup Sliced Cucumbers</p>	<p>7 Cheesy Bacon Toast /Donut <b>Choose One:</b> Cherry Chicken w/ Rice &amp; Noodles Pepperoni Stromboli Mini Cheese Quesadilla Greek Salad, Chicken Caesar Wrap <b>Choose:</b> Marinara Cup * Oven Fries Leafy Green Side Salad</p>	<p>8 Pancake Pup/ Donut <b>Choose One:</b> Chicken Alfredo w/ Breadstick Pizza Crunchers Flatbread Pizza Fruit &amp; Yogurt Plate, Italian Sub <b>Choose:</b> Mixed Vegetable Blend Veggie Dippers</p>
<p>11 Texas Toast/ Pancake <b>Choose One:</b> Cheeseburger or Hamburger Firecracker Chicken w/ Rice &amp; Roll Cheese Slice Pizza Farmers' Salad, Turkey Club Wrap <b>Choose:</b> Oven Fries Veggie Dippers</p>	<p>12 Egg, Bacon, &amp; Biscuit/ Donut Stick <b>Choose One:</b> <i>* Featured Entrée *</i> <b>Potato Turbate w/ Roll</b> Grilled Cheese Sandwich Pizza Crunchers Chicken Caesar Salad, Ham/Cheese <b>Choose:</b> Tomato Soup * Romaine Side Salad</p>	<p>13 Glazed Dunker <b>Choose One:</b> Breaded Chicken Sandwich Spaghetti &amp; Meatballs w/ Breadsticks Max Sticks Yogurt Parfait, Turkey/Cheese Hoagie <b>Choose:</b> Broccoli * Sliced Cucumbers, Marinara Cups</p>	<p>14 Bacon, Egg Pizza/Donut <b>Choose One:</b> Chicken orPork Tacos Cheezy Bread Ravioli w/ Bread Greek Salad, Chicken Caesar Wrap <b>Choose:</b> Marinara Cup, Refried Beans, Salad</p>	<p>15 Sausage Roll/ Donut <b>Choose One:</b> BBQ or Herb Chicken w/ Roll Fish Sticks w/ Corn Muffin Loaf Variety Pizza Fruit &amp; Yogurt Plate, Italian Sub <b>Choose:</b> Mashed Potatoes w/Gravy * Veggie Dippers</p>
<p>18 Mini Waffles/ Pancakes <b>Choose One:</b> Chicken Nuggets w/ Roll Cheeseburger Meatloaf w/ Mashed Potatoes, Gravy &amp; Roll Max Sticks Farmers' Salad, Turkey Club Wrap <b>Choose:</b> Corn, Veggie Dippers, Marinara Cups</p>	<p>19 Egg &amp; Cheese Croissant <b>Choose One:</b> <i>♦ Winter Holiday Cookie ♦</i> <b>Sliced Ham, Sweet Potatoes &amp; Roll</b> Corn Dog Pizza Crunchers Chicken Caesar Salad, Egg Salad <b>Choose:</b> Seasoned Greens Romaine Side Salad</p>	<p>20 Cinnamon Roll <b>Choose One:</b> Teriyaki Beef Dippers w/ Rice Mini Cheese Quesadillas Breaded Chicken Sandwich Yogurt Parfait, Turkey &amp; Cheese <b>Choose:</b> Broccoli Salsa Cup * Sliced Cucumbers</p>	<p>21 Sausage Biscuit <b>Choose One:</b> Chicken Drumstick w/ Hush Puppies Pepperoni Calzones Cheese &amp; Macaroni w/ Roll Greek Salad, Chicken Caesar Wrap <b>Choose:</b> Marinara Cup Sliced Carrots Leafy Green Side Salad</p>	<p>22 Breakfast Taco /Donut <b>Choose One:</b> Chicken Tender w/ Onion Rings Cheesy Fish Filet Variety Pizza Fruit &amp; Yogurt Plate, Italian Sub <b>Choose:</b> Green Beans * Coleslaw</p>
<p>December 23—January 7</p> <h1>Winter Holidays</h1>			<p><b>Winter Holiday Meal</b> Sliced Ham * Roll Glazed Sweet Potatoes Seasoned Greens Romaine Salad * Holiday Cookie</p>	<p><i>School Resumes Monday January 8, 2018</i></p>