

AUGUST

Pinellas County Middle School Lunch Menu

Fun Fact!

National Apple Week is the 2nd week in August every year! Apples are a good source of vitamins C & A; minerals and fiber!



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

Mon	Tue	Wed	Thu	Fri
<p>Go to nutrislice.com for Menu/Nutrition Info; & download the app on your mobile device!</p>			2	<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>
6	7	8	9	10
<p>13 Mini Eggo Confetti Pancakes</p> <p>Choose One: Chicken Nuggets w/ Roll Chipotle Mac & Cheese - Pulled Pork Bowl w/ Roll Farmer's Salad or Apple-a-Day Salad Turkey Club Wrap</p> <p>Choose: Seasoned Curly Fries Fresh Veggie Dippers</p>	<p>14 Egg, & Cheese Croissant</p> <p>Choose One: <i>Featured Item:</i> Chicken Slider Platter Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Baked Beans Romaine Side Salad</p>	<p>15 Cinnamon Roll</p> <p>Choose One: Chicken Drumstick w/ Hush Puppies Cheese Stick & Toasted Ravioli Boat w/ Tuscan Sauce Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Baked Beans Mashed Potatoes & Gravy Sliced Cucumbers</p>	<p>16 Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Teriyaki Beef Dippers w/ Rice or Lo Mein, & Roll Cheese Quesadillas Greek or Cobb Salad Chicken Caesar Wrap</p> <p>Choose: Salsa Cup * Steamed Broccoli Florets Leafy Green Side Salad</p>	<p>17 Breakfast Bowl (Cheesy Eggs & Tots)</p> <p>Choose One: Chicken Tender Basket w/ Onion Rings Cheesy Fish Filet or Spicy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sliced Carrots Fresh Veggie Dippers</p>
20	21	22	23	24
<p>Maple Pancake Minis</p> <p>Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap</p> <p>Choose: Green Beans Fresh Veggie Dippers</p>	<p>Breakfast Sandwich (Egg/Ham/Cheese)</p> <p>**School Favorites Day** <i>Students Choose the Hot Entrees & Veggies!</i></p> <p>Entrée Salad: <i>Chicken Caesar Salad</i> Sandwich: <i>Ham & Cheese</i> Side Salad: <i>Romaine</i></p>	<p>Chicken Biscuit</p> <p>Choose One: Bacon Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Sweet Potato Waffle Fries Sliced Cucumbers</p>	<p>Sunshine Omelet Wrap</p> <p>Choose One: Beef or Pork Tacos Cheesy Bread Greek or Taco Salad Chicken Caesar Wrap</p> <p>Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>Apple Cinnamon Texas Toast</p> <p>Choose One: Chicken & Waffle Max Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Marinara Cup Spinach or Collard Greens Fresh Veggie Dippers</p>
27	28	29	30	31
<p>Pancake Pup</p> <p>Choose One: Honey Sriracha Boneless Wings w/ Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap</p> <p>Choose: Marinara Cup Seasoned Black Beans Fresh Veggie Dippers</p>	<p>Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: <i>Featured Item:</i> Sloppy Joe Platter Grilled Cheese Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Tomato Soup Romaine Side Salad</p>	<p>Glazed Dunker</p> <p>Choose One: <i>Homestyle or Spicy</i> Breaded Chicken Sandwich Pasta & Meatballs w/ Breadstick Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Steamed Broccoli Florets Sliced Cucumbers</p>	<p>Bacon, Egg & Cheese Pizza</p> <p>Choose One: Hamburger or Cheeseburger Loaded BBQ Pork & Cheese Nachos Greek or Veggie Double Dipper Salad Chicken Caesar Wrap</p> <p>Choose: Corn Niblets Leafy Green Side Salad</p>	<p>Breakfast Chicken Nibbler</p> <p>Choose One: Roasted Chicken w/ Quinoa-Rice Blend & Roll Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sweet Peas Fresh Veggie Dippers</p>