

APRIL

Pinellas County Middle School Lunch Menu

Fun Fact!

Earth Day is April 22nd, & was 1st recognized in the US in 1970; it became observed worldwide by 1990. Earth Day is about learning different ways to protect our environment.



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 lunchmeal) May Choose 1 Milk: Skim, Low Fat White, or Fat Free Chocolate.

Also available for lunch daily:

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

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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.

Monday	Tuesday	Wednesday	Thursday	Friday
1 Pancake Pup Choose One: Honey Sriracha Boneless Wings & Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap Choose: Santa Fe Black Beans Marinara Cup* Veggie Dippers	2 Scrambled Egg, Bacon, & Biscuit Choose One: Featured Entrée: Soft Chicken Tacos Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich Choose: Tomato Soup Romaine Side Salad	3 Glazed Dunker Choose One: Homestyle <u>or</u> Spicy Chicken Sandwich Pasta, Meatballs & Sauce <u>or</u> Ravioli with Breadstick Yogurt & Fruit Parfait Deli Carver Combo Choose: Broccoli Sliced Cucumbers	4 Bacon, Egg & Cheese Pizza Choose One: Hamburger <u>or</u> Cheeseburger Loaded BBQ Pork & Cheese Nachos Greek <u>or</u> Veggie Dipper Salad Chicken Caesar Wrap Choose: Corn Niblets Leafy Green Side Salad	5 Breakfast Chicken Nibbler Choose One: Roasted Chicken w/ Quinoa-Rice Blend & Roll Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich Choose: Peas <u>or</u> Green Beans Fresh Veggie Dippers
8 Eggo Mini Confetti Pancakes Choose One: Chicken Nuggets w/ Roll Macaroni & Cheese w/ Roll Farmer's or Apple-A-Day Salad Turkey Club Wrap Choose: Seasoned Curly Fries Fresh Veggie Dippers	9 Egg & Cheese Croissant Choose One: Featured Entrée: Mandarin Chicken Lo Mein Bowl w/ Egg Roll Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich Choose: Baked Beans Romaine Side Salad	10 Cinnamon Roll Choose One: Chicken Drumstick w/ Hush Puppies Cheese Stick & Toasted Ravioli Boat w/ Tuscan Sauce Yogurt & Fruit Parfait Deli Carver Combo Choose: Mashed Potatoes & Gravy Sliced Cucumbers	11 Sausage Biscuit or Sausage & Grits Choose One: Teriyaki Beef Dippers over Rice <u>or</u> Lo Mein Noodles & Roll Cheese Quesadillas Greek <u>or</u> Cobb Salad Chicken Caesar Wrap Choose: Steamed Broccoli Florets Salsa Cup • Leafy Green Side Salad	12 Breakfast Bowl (Cheesy Eggs & Tots) Choose One: Chicken Tender Basket w/ Onion Rings Cheesy <u>or</u> Spicy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich Choose: Sliced Carrots Fresh Veggie Dippers
15 Maple Pancake Minis Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap Choose: Green Beans Fresh Veggie Dippers	16 Breakfast Sandwich (Egg/Ham/Chs) **School Favorites Day** Students Choose the Hot Entrees & Veggies! Entrée Salad: Chicken Caesar Sandwich: Ham & Cheese Sandwich Side Salad: Romaine	17 Chicken Biscuit Choose One: Bacon Cheeseburger <u>or</u> Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait Deli Carver Combo Choose: Sweet Potato Waffle Fries Sliced Cucumbers	18 Sunshine Omelet Wrap Choose One: Beef <u>or</u> Pork Tacos Cheesy Bread Greek <u>or</u> Taco Salad Chicken Caesar Wrap Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad	<h1>NO SCHOOL</h1>
22 Pancake Pup Choose One: Honey Sriracha Boneless Wings & Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap Choose: Santa Fe Black Beans Marinara Cup* Veggie Dippers	23 Scrambled Egg, Bacon, & Biscuit Choose One: Featured Entrée: Homestyle Meatloaf w/ Gravy & Roll Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich Choose: Au Gratin Potatoes Tomato Soup *Romaine Side Salad	24 Glazed Dunker Choose One: Homestyle <u>or</u> Spicy Chicken Sandwich Pasta, Meatballs & Sauce <u>or</u> Ravioli with Breadstick Yogurt & Fruit Parfait Deli Carver Combo Choose: Broccoli Sliced Cucumbers	25 Bacon, Egg & Cheese Pizza Choose One: Hamburger <u>or</u> Cheeseburger Loaded BBQ Pork & Cheese Nachos Greek <u>or</u> Veggie Dipper Salad Chicken Caesar Wrap Choose: Corn Niblets Leafy Green Side Salad	
29 Eggo Mini Confetti Pancakes Choose One: Chicken Nuggets w/ Roll Macaroni & Cheese w/ Roll Farmer's or Apple-A-Day Salad Turkey Club Wrap Choose: Seasoned Curly Fries Fresh Veggie Dippers	30 Egg & Cheese Croissant Choose One: Featured Entrée: Chicken Slider Basket w/ Emoticon Potatoes Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich Choose: Baked Beans Romaine Side Salad	National Peanut Butter & Jelly Day!  April 2		 <p>Bell Peppers</p>

All menus are subject to change!
 We do our best
 to provide our customers with all
 of our planned options, howev-
 er, occasionally weather, crops
 and supplies have other ideas!