

# DECEMBER

## Pinellas County Middle School Lunch Menu

### Fun Fact!



Candy canes were originally invented to keep kids quiet!

#### 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 lunch meal)

May Choose 1 Milk; Skim, Low Fat White, 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

| Monday  | Tuesday   | Wednesday   | Thursday  | Friday   |
|---|---|---|---|--|
| <p>3 Eggo Mini Confetti Pancakes</p> <p><b>Choose One:</b><br/>Chicken Nuggets w/ Roll<br/>Chipotle Mac &amp; Cheese -<br/>Pulled Pork Bowl w/ Roll<br/>Farmer's or Apple-A-Day Salad<br/>Turkey Club Wrap<br/><b>Choose:</b> Seasoned Curly Fries<br/>Fresh Veggie Dippers</p> | <p>4 Egg &amp; Cheese Croissant</p> <p><b>Choose One:</b><br/><b>Featured Entrée:</b><br/><b>Tortellini with Meat Sauce &amp; Garlic Breadstick</b><br/>Corn Dog<br/>Chicken Caesar Salad<br/>Ham &amp; Cheese Sandwich<br/><b>Choose:</b> Baked Beans, Romaine Salad</p>           | <p>5 Cinnamon Roll</p> <p><b>Choose One:</b><br/>Chicken Drumstick w/ Hush Puppies<br/>Cheese Stick &amp; Toasted Ravioli Boat w/ Tuscan Sauce<br/>Yogurt &amp; Fruit Parfait<br/>Deli Carver Combo<br/><b>Choose:</b> Mashed Potatoes &amp; Gravy<br/>Sliced Cucumbers</p> | <p>6 Sausage Biscuit or Grits &amp; Sausage</p> <p><b>Choose One:</b><br/>Teriyaki Beef Dippers over Rice or Lo Mein Noodles &amp; Roll<br/>Cheese Quesadillas<br/>Greek or Cobb Salad<br/>Chicken Caesar Wrap<br/><b>Choose:</b> Steamed Broccoli Florets<br/>Salsa Cup • Leafy Green Side Salad</p> | <p>7 Brkfst Bowl (Cheesy Eggs &amp; Tots)</p> <p><b>Choose One:</b><br/>Chicken Tender Basket w/ Onion Rings<br/>Cheesy or Spicy Fish Filet Sandwich<br/>Fruit &amp; Yogurt Plate<br/>Turkey &amp; Cheese Ciabatta Sandwich<br/><b>Choose:</b> Sliced Carrots<br/>Fresh Veggie Dippers</p>                 |
| <p>10 Maple Pancake Minis</p> <p><b>Choose One:</b><br/>Chicken &amp; Broccoli Penne Alfredo w/ Breadstick<br/>Pizza Crunchers<br/>Chef Salad<br/>Turkey Club Wrap<br/><b>Choose:</b> Green Beans<br/>Fresh Veggie Dippers</p>  | <p>11 Breakfast Sandwich(Egg/Ham/Chs)</p> <p><b>**School Favorites Day**</b><br/><b>Students Choose the Hot Entrees &amp; Veggies!</b><br/>Entrée Salad: Chicken Caesar Salad<br/>Sandwich: Ham &amp; Cheese Sandwich<br/>Side Salad: Romaine</p>                                   | <p>12 Chicken Biscuit</p> <p><b>Choose One:</b><br/>Bacon Cheeseburger<br/>Firecracker Chicken w/ Rice &amp; Roll<br/>Yogurt &amp; Fruit Parfait<br/>Deli Carver Combo<br/><b>Choose:</b> Sweet Potato Waffle Fries<br/>Sliced Cucumbers</p>                                | <p>13 Sunshine Omelet Wrap</p> <p><b>Choose One:</b><br/>Beef or Pork Tacos<br/>Cheesy Bread<br/>Greek or Taco Salad<br/>Chicken Caesar Wrap<br/><b>Choose:</b> Marinara Cup<br/>Refried Fiesta Beans<br/>Leafy Green Side Salad</p>  | <p>14 Apple Cinnamon Texas Toast</p> <p><b>Choose One:</b><br/>Chicken &amp; Waffle<br/>Max Cheese Sticks<br/>Fruit &amp; Yogurt Plate<br/>Turkey &amp; Cheese Ciabatta Sandwich<br/><b>Choose:</b> Marinara Cup<br/>Spinach or Collard Greens<br/>Fresh Veggie Dippers</p>                                |
| <p>17 Pancake Pup</p> <p><b>Choose One:</b><br/>Honey Sriracha Boneless Wings &amp; Roll<br/>Mini Cheese Calzones<br/>Chef Salad<br/>Turkey Club Wrap<br/><b>Choose:</b> Santa Fe Black Beans<br/>Marinara Cup, Fresh Veggie Dippers</p>  | <p>18 Scrambled Egg, Bacon, &amp; Biscuit</p> <p><b>Choose One:</b><br/><b>Featured Entrée:</b><br/><b>Primo Buffalo Chicken Pizza</b><br/>Grilled Cheese Sandwich<br/>Chicken Caesar Salad<br/>Ham &amp; Cheese Sandwich<br/><b>Choose:</b> Tomato Soup<br/>Romaine Side Salad</p> | <p>19 Glazed Dunker</p> <p><b>Choose One:</b><br/>Homestyle or Spicy Chicken Sandwich<br/>Pasta, Meatballs &amp; Sauce w Breadstick<br/>Yogurt &amp; Fruit Parfait<br/>Deli Carver Combo<br/><b>Choose:</b> Broccoli Florets<br/>Sliced Cucumbers</p>                       | <p>20 Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b><br/>Hamburger or Cheeseburger<br/>Loaded BBQ Pork &amp; Cheese Nachos<br/>Greek or Veggie Dipper Salad<br/>Chicken Caesar Wrap<br/><b>Choose:</b> Corn Niblets<br/>Leafy Green Side Salad</p>   | <p>21 Breakfast Chicken Nibbler</p> <p><b>Choose One:</b> Roasted Chicken w/ Quinoa-Rice Blend &amp; Roll<br/>Wild Alaskan Ocean Treasure<br/>Fish Nuggets w/ Roll<br/>Fruit &amp; Yogurt Plate<br/>Turkey &amp; Cheese Ciabatta Sandwich<br/><b>Choose:</b> Sweet Green Peas<br/>Fresh Veggie Dippers</p> |
| <h1>WINTER BREAK</h1>   |   |   |   |  |
| <h1>WINTER BREAK</h1>   |   |   |   |  |
| <p><b>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!</b></p>   |   |   |   |  |
| <p><b>School Resumes Tuesday January 8, 2019</b></p>  |   |   |   |  |



LETTUCE



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