

FEBRUARY Pinellas County Middle School Lunch Menu

Fun Fact!

Strawberries are the only fruit that wear their seeds on the outside... and they are a member of the ROSE family!



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, 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

Monday	Tuesday	Wednesday	Thursday	Friday
		<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 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</p>
<p>4 Maple Pancake Minis Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap Choose: Green Beans Fresh Veggie Dippers</p>	<p>5 Breakfast Sandwich(Egg/Ham/Chs) **School Favorites Day** <i>Students Choose the Hot Entrees & Veggies!</i> Entrée Salad: Chicken Caesar Salad Sandwich: Ham & Cheese Sandwich Romaine Side Salad</p>	<p>6 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</p>	<p>7 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</p>	<p>8 Apple Cinnamon Texas Toast Choose One: Chicken & Waffle Max Cheese Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich Choose: Marinara Cup Spinach <u>or</u> Collard Greens Fresh Veggie Dippers</p>
<p>11 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</p>	<p>12 Scrambled Egg, Bacon, & Biscuit Choose One: Featured Entrée: <i>Beef & Potato Turbate w/ Roll</i> Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich Choose: Tomato Soup Romaine Side Salad</p>	<p>13 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</p>	<p>14 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</p>	<p>15 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</p>
<p>18 NO SCHOOL FOR STUDENTS</p>	<p>19 Mini Confetti Pancakes Choose One: Chicken Nuggets w/ Roll Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich Choose: Seasoned Curly Fries Romaine Salad</p>	<p>20 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</p>	<p>21 Sausage Biscuit or Grits & Sausage 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</p>	<p>22 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</p>
<p>25 Maple Pancake Minis Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap Choose: Green Beans Fresh Veggie Dippers</p>	<p>26 Breakfast Sandwich(Egg/Ham/Chs) **School Favorites Day** <i>Students Choose the Hot Entrees & Veggies!</i> Entrée Salad: Chicken Caesar Salad Sandwich: Ham & Cheese Sandwich Romaine Side Salad</p>	<p>27 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</p>	<p>28 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</p>	