

JANUARY

Pinellas County Middle School Lunch Menu

Fun Fact!

Did you know:
The tomato is the world's most popular fruit?
Bananas are 2nd!



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>7</p> <p>NO SCHOOL FOR STUDENTS</p>	<p>8</p> <p>Eggo Mini Confetti Pancakes</p> <p>Choose One: Chipotle Mac & Cheese - Pulled Pork Bowl w/ Roll Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich Choose: Baked Beans, Romaine Salad</p>	<p>9</p> <p>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 Choose: Mashed Potatoes & Gravy Sliced Cucumbers</p>	<p>10</p> <p>Sausage Biscuit or Grits & Sausage</p> <p>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>11</p> <p>Brkfst Bowl (Cheesy Eggs & Tots)</p> <p>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>14</p> <p>Maple Pancake Minis</p> <p>Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap Choose: Green Beans Fresh Veggie Dippers</p>	<p>15</p> <p>Breakfast Sandwich (Egg/Ham/Chs)</p> <p>**School Favorites Day** <i>Students Choose the Hot Entrees & Veggies!</i> Entrée Salad: Chicken Caesar Salad Sandwich: Ham & Cheese Sandwich Side Salad: Romaine</p>	<p>16</p> <p>Chicken Biscuit</p> <p>Choose One: Bacon Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait Deli Carver Combo Choose: Sweet Potato Waffle Fries Sliced Cucumbers</p>	<p>17</p> <p>Sunshine Omelet Wrap</p> <p>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>18</p> <p>Apple Cinnamon Texas Toast</p> <p>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>21</p> <p>NO SCHOOL MLK HOLIDAY</p>	<p>22</p> <p>Scrambled Egg, Bacon, & Biscuit</p> <p>Choose One: Honey Sriracha Boneless Wings & Roll Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich Choose: Tomato Soup Romaine Side Salad</p>	<p>23</p> <p>Glazed Dunker</p> <p>Choose One: Homestyle <u>or</u> Spicy Chicken Sandwich Pasta, Meatballs & Sauce <u>or</u> Ravioli w Breadstick Yogurt & Fruit Parfait Deli Carver Combo Choose: Broccoli Sliced Cucumbers</p>	<p>24</p> <p>Bacon, Egg & Cheese Pizza</p> <p>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>25</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 Choose: Peas or Green Beans Fresh Veggie Dippers</p>
<p>28</p> <p>Eggo Mini Confetti Pancakes</p> <p>Choose One: Chicken Nuggets w/ Roll Chipotle Mac & Cheese - Pulled Pork Bowl w/ Roll Farmer's or Apple-A-Day Salad Turkey Club Wrap Choose: Seasoned Curly Fries Fresh Veggie Dippers</p>	<p>29</p> <p>Egg & Cheese Croissant</p> <p>Choose One: Featured Entrée: Tailgate Basket: Hamburger Slider, Chicken Tenders, Tots & Soft Pretzel Rod Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich Choose: Baked Beans, Romaine Salad</p>	<p>30</p> <p>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 Choose: Mashed Potatoes & Gravy Sliced Cucumbers</p>	<p>31</p> <p>Sausage Biscuit or Grits & Sausage</p> <p>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>	

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