

MARCH

Pinellas County Middle School Lunch Menu

Fun Fact!

Potatoes are good for you: they contain vitamins C & B6, Iron, Potassium, & Fiber! Potatoes are veggies, but contain a lot of starch that make them more like rice, pasta & bread.



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 |
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| <p>Potatoes!</p> | | <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> | | <p>1 Green Eggs & Ham w/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>4 National Pole Position Pancake Pup Choose One: Honey Sriracha Boneless Wings & Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap Choose: Marinara Cup*Santa Fe Black Beans Fresh Veggie Dippers</p> | <p>5 School Speedway Egg, Bacon, & Biscuit Choose One: Featured Entrée: Cherry Blossom Chicken over Rice w/ Chow Mein Noodles Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich Choose: Tomato Soup Romaine Side Salad</p> | <p>6 Breakfast Checkered Flag French Toast 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 Florets Sliced Cucumbers</p> | <p>7 Week! Pit Stop Breakfast 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>8 NO SCHOOL</p> |
| 11 | 12 | 13 | 14 | 15 |
| <h1>SPRING BREAK</h1> | | | | |
| <p>18 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</p> | <p>19 Egg & Cheese Croissant Choose One: Featured Entrée: Meat Lover's Stromboli Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich Choose: Baked Beans Romaine Side Salad * Marinara Cup</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** Students Choose the Hot Entrees & Veggies! Entrée Salad: Chicken Caesar Salad Sandwich: Ham & Cheese Sandwich Side Salad: Romaine</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> | <p>29 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> |

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