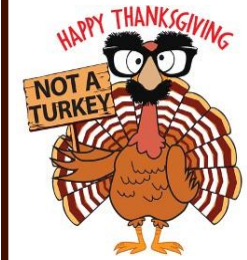


NOVEMBER

Pinellas County Middle School Lunch Menu

Fun Fact!

91% of Americans eat turkey on Thanksgiving!



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 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</p> <p>Choose: Corn Niblets Leafy Green Side Salad</p>	<p>2 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</p> <p>Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sweet Green Peas Fresh Veggie Dippers</p>
<p>5 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</p> <p>Choose: Seasoned Curly Fries Fresh Veggie Dippers</p>	<p>6 Egg & Cheese Croissant</p> <p>Choose One: Featured Entrée: Bean & Cheese Chalupa & Fiesta Rice Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Country Baked Beans Romaine Side Salad</p>	<p>7 Cinnamon Roll</p> <p>Choose One: Chicken Drumstick w/ Hush Puppies Cheese Stick & Toasted Ravioli Boat w/ Tuscan Sauce Yogurt & Fruit Parfait</p> <p>Choose: Mashed Potatoes & Gravy Sliced Cucumbers</p>	<p>8 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</p> <p>Choose: Steamed Broccoli Florets Salsa Cup • Leafy Green Side Salad</p>	<p>9 Eggs, Cheese, Tots & Toast Bowl</p> <p>Choose One: Chicken Tender Basket w/ Onion Rings Cheesy <u>or</u> Spicy Fish Filet Sandwich Fruit & Yogurt Plate</p> <p>Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sliced Carrots Fresh Veggie Dippers</p>
<p>12 Maple Pancake Minis</p> <p>Choose One: Chicken & Broccoli Penne Alfredo w/ Breadstick Pizza Crunchers Chef Salad Turkey Club Wrap</p> <p>Choose: Green Beans Fresh Veggie Dippers</p>	<p>13 Egg/Ham/Cheese Brk Sandwich</p> <p>Choose One: Thanksgiving Holiday Meal: Sliced Turkey w/ Dressing, Gravy & Roll Bean & Cheese Burrito Chicken Caesar Salad • Ham & Cheese</p> <p>Choose: Mashed Potatoes • Sweet Potatoes • Green Beans Romaine Side Salad • Holiday Cookie</p>	<p>14 Chicken Biscuit</p> <p>Choose One: Bacon Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait</p> <p>Choose: Sweet Potato Waffle Fries Sliced Cucumbers</p>	<p>15 Sunshine Omelet Wrap</p> <p>Choose One: Beef <u>or</u> Pork Tacos Cheesy Bread Greek <u>or</u> Taco Salad Chicken Caesar Wrap</p> <p>Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>16 Apple Cinnamon Texas Toast</p> <p>Choose One: Chicken & Waffle Max Cheese Sticks Fruit & Yogurt Plate</p> <p>Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Marinara Cup Spinach <u>or</u> Collard Greens Fresh Veggie Dippers</p>
<h1>THANKSGIVING BREAK</h1>				
<p>26 Pancake Pup</p> <p>Choose One: Honey Sriracha Boneless Wings & Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap</p> <p>Choose: Santa Fe Black Beans Marinara Cup Fresh Veggie Dippers</p>	<p>27 Scrambled Egg, Bacon, & Biscuit</p> <p>Choose One: Featured Entrée: Stuffed Crust Pizza Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Tomato Soup Romaine Side Salad</p>	<p>28 Glazed Dunker</p> <p>Choose One: Homestyle <u>or</u> Spicy Chicken Sandwich Pasta, Meatballs & Sauce w Breadstick Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Broccoli Florets Sliced Cucumbers</p>	<p>29 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</p> <p>Choose: Corn Niblets Leafy Green Side Salad</p>	<p>30 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</p> <p>Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sweet Green Peas Fresh Veggie Dippers</p>

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.