

OCTOBER

Pinellas County Middle School Lunch Menu

Fun Fact!

October is National Farm to School Month! Look for exciting opportunities to get informed, get involved and take action to grow farm to school in your own community & across the country.



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>1 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>2 Breakfast Sandwich (Egg/Ham/Cheese)</p> <p>**School Favorites Day** Students Choose the Hot Entrees & Veggies!</p> <p>Entrée Salad: <i>Chicken Caesar</i> Sandwich: <i>Ham & Cheese</i> Side Salad: <i>Romaine</i></p>	<p>3 Chicken Biscuit</p> <p>Choose One: Bacon Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Sliced Cucumbers Sweet Potato Waffle Fries</p>	<p>4 Sunshine Omelet Wrap</p> <p>Choose One: Beef or Pork Tacos Cheesy Bread Greek or Taco Salad Chicken Caesar Wrap</p> <p>Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>5 Apple Cinnamon Texas Toast</p> <p>Choose One: Chicken & Waffle Max Cheese Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Marinara Cup Spinach or Collard Greens Fresh Veggie Dippers</p>
<p>8 Pancake Pup</p> <p>Choose One: Honey Sriracha Boneless Wings w/ Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap</p> <p>Choose: Fresh Veggie Dippers Marinara Cup * Black Beans</p>	<p>9 Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: Featured Item: New Orleans Chicken Bowl w/ Broccoli & Rice & Farmers Market Cookie Grilled Cheese Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Tomato Soup * Romaine Salad</p>	<p>10 Glazed Dunker</p> <p>Choose One: <i>Homestyle or Spicy</i> Breaded Chicken Sandwich Pasta & Meatballs w/ Breadstick Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>11 Bacon, Egg & Cheese Pizza</p> <p>Choose One: Hamburger or Cheeseburger Loaded BBQ Pork & Cheese Nachos Greek or Veggie Double Dipper Salad Chicken Caesar Wrap</p> <p>Choose: Corn Niblets Fresh From Florida Citrus Salad</p>	<p>12 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</p> <p>Choose: Sweet Peas * Veggie Dippers</p>
<p>15 National</p> <p>No School For Students</p>	<p>16 School</p> <p>Egg, & Cheese Croissant</p> <p>Choose One: Featured Item: Chicken Nuggets w/ Roll Corn Dog Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Country Baked Beans Emoticon Taters Romaine Side Salad</p>	<p>17 Lunch</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</p> <p>Choose: Sliced Cucumbers Mashed Potatoes & Gravy</p>	<p>18 Week</p> <p>Sausage Biscuit or Sausage & Grits</p> <p>Choose One: Teriyaki Beef Dippers w/ Rice or Lo Mein & Roll Cheese Quesadillas Greek or Cobb Salad Chicken Caesar Wrap</p> <p>Choose: Salsa Cup * Broccoli Fresh From Florida Citrus Salad</p>	<p>19 Hotz2love</p> <p>Breakfast Bowl (Cheesy Eggs & Tots)</p> <p>Choose One: Chicken Tender Basket w/ Onion Rings Cheesy Fish Filet or Spicy Fish Filet Sandwich Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Sliced Carrots Fresh Veggie Dippers</p>
<p>22 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>23 Breakfast Sandwich (Egg/Ham/Cheese)</p> <p>**School Favorites Day** Students Choose the Hot Entrees & Veggies!</p> <p>Entrée Salad: <i>Chicken Caesar</i> Sandwich: <i>Ham & Cheese</i> Side Salad: <i>Romaine</i></p>	<p>24 Chicken Biscuit</p> <p>Choose One: Bacon Cheeseburger Firecracker Chicken w/ Rice & Roll Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Sliced Cucumbers Sweet Potato Waffle Fries</p>	<p>25 Sunshine Omelet Wrap</p> <p>Choose One: Beef or Pork Tacos Cheesy Bread Greek or Taco Salad Chicken Caesar Wrap</p> <p>Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>26 Apple Cinnamon Texas Toast</p> <p>Choose One: Chicken & Waffle Max Cheese Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich</p> <p>Choose: Marinara Cup Spinach or Collard Greens Fresh Veggie Dippers</p>
<p>29 Pancake Pup</p> <p>Choose One: Honey Sriracha Boneless Wings w/ Roll Mini Cheese Calzones Chef Salad Turkey Club Wrap</p> <p>Choose: Fresh Veggie Dippers Marinara Cup * Black Beans</p>	<p>30 Scrambled Egg, Bacon & Biscuit</p> <p>Choose One: Featured Item: Bat Nuggets & Web Fries Grilled Cheese Chicken Caesar Salad Ham & Cheese Sandwich</p> <p>Choose: Tomato Soup Romaine Side Salad Pumpkin Cookie</p>	<p>31 Glazed Dunker</p> <p>Choose One: <i>Homestyle or Spicy</i> Breaded Chicken Sandwich Pasta & Meatballs w/ Breadstick Yogurt & Fruit Parfait Deli Carver Combo</p> <p>Choose: Sliced Cucumbers Steamed Broccoli Florets</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>	



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