# **Elementary School Lunch** eptember



DAILY BREAK-FAST **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,

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 their lunch meal)

May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch dailv: Meat or Meat-

less Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

**Breakfast & Lunch** meals are Free For all Students. We have additional ala carte items for sale.

Cvnthia Passero Café Mgr. 727-669-1227

All menus are subject to change! We do our best to provide our customers with all of our planned • options; however, occasionally issues beyond our control do not

allow it.

# All Meals Include Choice of assorted Fruits



# **CHOOSE ONE:**

Chicken Nuggets Pasta & Meat Sauce Yogurt & Fruit Parfait Ham & Cheese Croissant

# **CHOOSE:**

Corn Niblets Sliced Cucumbers

#### 2 **CHOOSE ONE:**

Italian Stromboli Grilled Cheese Yogurt & Cheese Plate Cold Sandwich

### **CHOOSE:**

Steamed Veggies \*Mixed Side Salad, Assorted Fruits & Juice

# **CHOOSE ONE:**

Friday

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Pizza Dav! Cheesy Fish Filet Sandwich Yogurt & Cheese Plate Cold Sandwich

# **CHOOSE:**

Green Beans Fresh Vegaie Dippers



NO SCHOOL

**CHOOSE ONE:** 

Pork Tacos Cheesy Bread Yogurt & Cheese Plate PBJ Kit

### **CHOOSE:**

Marinara Cup \* Corn Niblets Romaine Side Salad

### **CHOOSE ONE:**

Macaroni & Cheese Cheese Quesadilla & Salsa Cup Chef Salad Ham & Cheese Croissant

#### **CHOOSE:** Broccoli

Sliced Cucumbers, Assorted Fruits & Juice

### **CHOOSE ONE:**

9

Chicken & Waffle **BBO Pork Flatbread** Yogurt & Fruit Cold Sandwich

# **CHOOSE:**

Crispy Fries, Mixed Side Salad Assorted Fruits & Juice

#### **CHOOSE ONE:**

Pizza Day! Yogurt & Cheese Plate Cold Sandwich

#### **CHOOSE:**

Green Beans, Veggie Dippers Assorted Fruits & Juice

#### 13 **CHOOSE ONE:**

Chicken Tenders & Cornbread Fruit & Yogurt Plate Turkey & Cheese Wrap **CHOOSE:** 

Mixed Vegetable Medley Fresh Veggie Dippers Assorted Fruits & Juice

#### 14 **CHOOSE ONE:**

Maxi Sticks Cheesy Burrito & Salsa Yogurt & Cheese Plate PB1 Kit

### **CHOOSE:**

Marinara Cup \* Green Beans \* Romaine Side Salad, Assorted Fruits & Juice

#### 15 **CHOOSE ONE:**

Teriyaki Beef Dippers & Rice or Creamy Cheesy Cavatappi Pasta or Yogurt & Cheese Plate Ham & Cheese Croissant

## **CHOOSE:**

Steamed Broccoli Sliced Cucumbers

#### 16 **CHOOSE ONE:**

Popcorn Chicken, & Roll Corn Dog Yogurt & Fruit Cold Sandwich

# **CHOOSE:**

Corn Niblets Mixed Side Salad

#### **17 CHOOSE ONE:**

Pizza Dav! Yogurt & Cheese Plate Cold Sandwich

### **CHOOSE:**

Country Baked Beans Fresh Veggie Dippers Assorted Fruits & Juice

#### 20 **CHOOSE ONE:**

Chicken Sandwich Fruit & Yogurt Plate Turkey & Cheese Wrap

# CHOOSE:

Santa Fe Black Beans Fresh Veggie Dippers Assorted Fruits & Juice

### **CHOOSE ONE:**

Breakfast for Lunch Yogurt & Cheese Plate Cold Sandwich

### PBJ Kit **CHOOSE:**

Deli Roasted Potatoes Romaine Side Salad Assorted Fruits & Juice

# **CHOOSE ONE:**

Pasta & Meat Sauce Yogurt & Fruit Ham & Cheese Croissant

# **CHOOSE:**

Corn Niblets Sliced Cucumbers Assorted Fruits & Juice

# 23 CHOOSE ONE:

Grilled Cheese Mandarin Orange Chicken with Rice & Chow Mein Noodles Yogurt & Cheese Plate Cold Sandwich

### **CHOOSE:**

Sweet Potatoes , Mixed Side Salad, Assorted Fruits & Juice

#### 24 **CHOOSE ONE:**

Pizza Dav! Cheesy Fish Filet Sandwich Yogurt & Cheese Plate Cold Sandwich

# **CHOOSE:**

Green Beans Fresh Veggie Dippers, Assorted

Fruits & Juice

#### 27 **CHOOSE ONE:**

Chicken & Waffle Fruit & Yogurt Plate Turkey & Cheese Wrap CHOOSE:

#### Country Baked Beans Fresh Veggie Dippers, Assorted Fruits & Juice

#### 28

21

**CHOOSE ONE:** Pork Tacos Cheesy Bread Yogurt & Cheese Plate PBJ Kit

# CHOOSE:

Marinara Cup \* Corn Niblets Romaine Side Salad

#### 29 **CHOOSE ONE:**

Macaroni & Cheese Cheese Ouesadilla & Salsa Cup Yogurt & Cheese Plate Ham & Cheese Croissant

# CHOOSE:

Broccoli, Sliced Cucumbers Assorted Fruits & Juice

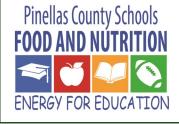
#### **CHOOSE ONE:**

30

Featured Entrée-**Cheesy Pull-Aparts** Southwest or Italian **BBO Pork Flatbread** Yogurt & Fruit Cold Sandwich

### **CHOOSE:**

Crispy Fries \*Mixed Side Salad



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