

# September Elementary School Lunch



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 issues beyond our control do not allow it.</i></p>	<p><b>All Meals Include Choice of assorted Fruits &amp; Vegetables</b></p>	<p><b>1 CHOOSE ONE:</b> Chicken Nuggets Pasta &amp; Meat Sauce Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant <b>CHOOSE:</b> Corn Niblets Sliced Cucumbers</p>	<p><b>2 CHOOSE ONE:</b> Italian Stromboli Grilled Cheese Yogurt &amp; Cheese Plate Cold Sandwich <b>CHOOSE:</b> Steamed Veggies *Mixed Side Salad, Assorted Fruits &amp; Juice</p>	<p><b>3 CHOOSE ONE:</b> Pizza Day! Cheesy Fish Filet Sandwich Yogurt &amp; Cheese Plate Cold Sandwich <b>CHOOSE:</b> Green Beans Fresh Veggie Dippers</p>
<p><b>6</b></p>	<p><b>7 CHOOSE ONE:</b> Pork Tacos Cheesy Bread Yogurt &amp; Cheese Plate PBJ Kit <b>CHOOSE:</b> Marinara Cup * Corn Niblets Romaine Side Salad</p>	<p><b>8 CHOOSE ONE:</b> Macaroni &amp; Cheese <i>Cheese Quesadilla &amp; Salsa Cup</i> Chef Salad Ham &amp; Cheese Croissant <b>CHOOSE:</b> Broccoli Sliced Cucumbers, Assorted Fruits &amp; Juice</p>	<p><b>9 CHOOSE ONE:</b> Chicken &amp; Waffle BBQ Pork Flatbread Yogurt &amp; Fruit Cold Sandwich <b>CHOOSE:</b> Crispy Fries, Mixed Side Salad Assorted Fruits &amp; Juice</p>	<p><b>10 CHOOSE ONE:</b> Pizza Day! Yogurt &amp; Cheese Plate Cold Sandwich <b>CHOOSE:</b> Green Beans, Veggie Dippers Assorted Fruits &amp; Juice</p>
<p><b>13 CHOOSE ONE:</b> Chicken Tenders &amp; Cornbread Fruit &amp; Yogurt Plate Turkey &amp; Cheese Wrap <b>CHOOSE:</b> Mixed Vegetable Medley Fresh Veggie Dippers Assorted Fruits &amp; Juice</p>	<p><b>14 CHOOSE ONE:</b> Maxi Sticks Cheesy Burrito &amp; Salsa Yogurt &amp; Cheese Plate PBJ Kit <b>CHOOSE:</b> Marinara Cup * Green Beans * Romaine Side Salad, Assorted Fruits &amp; Juice</p>	<p><b>15 CHOOSE ONE:</b> Teriyaki Beef Dippers &amp; Rice <i>or Creamy Cheesy Cavatappi</i> Pasta <i>or</i> Yogurt &amp; Cheese Plate Ham &amp; Cheese Croissant <b>CHOOSE:</b> Steamed Broccoli Sliced Cucumbers</p>	<p><b>16 CHOOSE ONE:</b> Popcorn Chicken, &amp; Roll Corn Dog Yogurt &amp; Fruit Cold Sandwich <b>CHOOSE:</b> Corn Niblets Mixed Side Salad</p>	<p><b>17 CHOOSE ONE:</b> Pizza Day! Yogurt &amp; Cheese Plate Cold Sandwich <b>CHOOSE:</b> Country Baked Beans Fresh Veggie Dippers Assorted Fruits &amp; Juice</p>
<p><b>20 CHOOSE ONE:</b> Chicken Sandwich Fruit &amp; Yogurt Plate Turkey &amp; Cheese Wrap <b>CHOOSE:</b> Santa Fe Black Beans Fresh Veggie Dippers Assorted Fruits &amp; Juice</p>	<p><b>21 CHOOSE ONE:</b> Breakfast for Lunch Yogurt &amp; Cheese Plate <i>Cold Sandwich</i> PBJ Kit <b>CHOOSE:</b> Deli Roasted Potatoes Romaine Side Salad Assorted Fruits &amp; Juice</p>	<p><b>22 CHOOSE ONE:</b> Pasta &amp; Meat Sauce Yogurt &amp; Fruit Ham &amp; Cheese Croissant <b>CHOOSE:</b> Corn Niblets Sliced Cucumbers Assorted Fruits &amp; Juice</p>	<p><b>23 CHOOSE ONE:</b> Grilled Cheese Mandarin Orange Chicken with Rice &amp; Chow Mein Noodles Yogurt &amp; Cheese Plate Cold Sandwich <b>CHOOSE:</b> Sweet Potatoes, Mixed Side Salad, Assorted Fruits &amp; Juice</p>	<p><b>24 CHOOSE ONE:</b> Pizza Day! Cheesy Fish Filet Sandwich Yogurt &amp; Cheese Plate Cold Sandwich <b>CHOOSE:</b> Green Beans Fresh Veggie Dippers, Assorted Fruits &amp; Juice</p>
<p><b>27 CHOOSE ONE:</b> Chicken &amp; Waffle Fruit &amp; Yogurt Plate Turkey &amp; Cheese Wrap <b>CHOOSE:</b> Country Baked Beans Fresh Veggie Dippers, Assorted Fruits &amp; Juice</p>	<p><b>28 CHOOSE ONE:</b> Pork Tacos Cheesy Bread Yogurt &amp; Cheese Plate PBJ Kit <b>CHOOSE:</b> Marinara Cup * Corn Niblets Romaine Side Salad</p>	<p><b>29 CHOOSE ONE:</b> Macaroni &amp; Cheese <i>Cheese Quesadilla &amp; Salsa Cup</i> Yogurt &amp; Cheese Plate Ham &amp; Cheese Croissant <b>CHOOSE:</b> Broccoli, Sliced Cucumbers Assorted Fruits &amp; Juice</p>	<p><b>30 CHOOSE ONE:</b> <b>Featured Entrée:</b> <b>Cheesy Pull-Aparts</b> <b>Southwest or Italian</b> BBQ Pork Flatbread Yogurt &amp; Fruit Cold Sandwich <b>CHOOSE:</b> Crispy Fries *Mixed Side Salad</p>	<p>Pinellas County Schools <b>FOOD AND NUTRITION</b></p> <p>ENERGY FOR EDUCATION</p>

**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, 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 their lunch meal)  
**May Choose: 1 Milk;** Skim, Low Fat White, or Fat Free Chocolate.

**Available for lunch daily:** Meat or Meatless 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.**  
Cynthia Passero  
Café Mgr. 727-669-1227

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.