Elementary Lunch Menu

Pinellas County Schools FOOD AND NÚTRITION ENERGY FOR EDUCATION

October 9-13 2023



Daily Lunch Choices Choose 1:

Meat / Meatless Entrée, Entrée Salads, Cold Sandwiches

Must Choose at least 1:

Hot & Cold Vegetables Variety of Fruits & Juices (may choose up to 2 servings each of fruits & veggies with their meal)

May Choose 1 Milk:

Low Fat White, Fat Free Chocolate. Fat Free Strawberry or Fat Free Skim

Mondav

3

10

17

Choose One: Chicken n Waffles **Cheese Pizza Crunchers**

Turkey Chef Salad Crispy Chicken Wrap Choose: Corn Niblets Farmstand Veggie Dippers

9 National **Choose One: Breaded Chicken Nuggets Pasta with Meat Sauce**

(Both Entrées Served with Roll) Yogurt, Fruit & Granola Parfait Turkey Club Sub **Choose:** Sweet Potato Fries

Farmstand Veggie Dippers

Chicken BLT Salad Turkey Pinwheel Munchable Choose: Refried Fiesta Beans Marinara Sauce Cup Salsa Cup

School **Choose One:** Taco Day! Mini Cheese Calzones Chicken Caesar Salad

Tuesday

Choose One:

Cheesy Bread

>>BBQ Pork & Cheese

Nacho's<<

Italian Pinwheel Munchable Choose: Marinara Sauce Cup Santa Fe Black Beans Sliced Cucumber Side Salad

Choose One: Teriyaki Beef Dippers

Wednesday

Chicken Drumstick (Both Entrées Served with Rice) Yogurt, Fruit & Granola Parfait Turkey & Cheese Croissant Choose:

Broccoli Florets Sliced Cucumber Side Salad

11 Lunch **Choose One:** Teriyaki Chicken Dumpling's w/ Rice Macaroni & Cheese

Apple a Day Salad Plate Turkey & Cheese Croissant Choose:

Broccoli Florets

5

Choose One: Chicken Parmesan Sandwich

Thursday

Corn Dog (Chicken) Apple a Day Salad Plate Chicken Caesar Wrap Choose:

Crinkle Crispy Fries Romaine Side Salad 6

Choose One: Pizza Day! Fish Sticks & Tots Basket

Friday

Fruit & Yogurt Plate PBJ Uncrustable Choose: Green Beans

Carrot Dippers Side Salad

12 Week **Choose One:** Breakfast for Lunch Chicken Patty on a Bun

Harvest Farmers Salad Ham & Cheese Hoagie Choose:

Deli Roasted Potato Romaine Side Salad

13 Choose One: Pizza Day! Fish Sticks & Chips

Fruit & Yogurt Plate PBJ Uncrustable Choose: Green Beans

Carrot Dippers Side Salad

16

23

30

No School for Students **Pro-Ed Day**



Choose One: **Grilled Cheese Meat Lovers Stromboli**

Chicken Caesar Salad Turkey Pinwheel Munchable Choose: Tomato Soup Marinara Sauce Cup Sliced Cucumber Side Salad 18

Choose One: Beefy Mac Casserole Popcorn Chicken Bowl

Yogurt, Fruit & Granola Parfait Ham & Cheese Croissant Choose:

Mashed Potato & Gravv Farmstand Veggie Dippers 19 ** Feature Entrée **

Choose One: Cheese Quesadilla *Burger Day *

Taco Salad - Beef Chicken Caesar Wrap Choose:

Green Beans • Salsa Cup Romaine Side Salad

20

Choose One: Pizza day! **Cheesy Shrimp Tacos** w/ Tortillas

Fruit & Yogurt Plate PBJ Uncrustable Choose:

Broccoli Florets Carrot Dippers Side Salad

Choose One: Chicken n Waffles **Cheese Pizza Crunchers**

Turkey Chef Salad Crispy Chicken Wrap Choose:

Corn Niblets Farmstand Veggie Dippers

Choose One: **Cheesy Bread** >>Taco Beef & Cheese Nacho's<<

Chicken BLT Salad Turkey Pinwheel Munchable Choose: Refried Fiesta Beans Marinara Sauce Cup Salsa Cup 25

Choose One: Teriyaki Beef Dippers Chicken Drumstick

(Both Entrées Served with Rice) Yogurt, Fruit & Granola Parfait Turkey & Cheese Croissant Choose:

Broccoli Florets Sliced Cucumber Side Salad 26

Choose One: Chicken Parmesan w/ Pasta Hot Dog on a Bun (Chicken) Apple a Day Salad Plate Chicken Caesar Wrap

Choose: Crinkle Crispy Fries Romaine Side Salad 27

Choose One: Pizza Dav! Fish Sticks & Tots Basket

Fruit & Yogurt Plate PBJ Uncrustable Choose:

Green Beans Carrot Dippers Side Salad

Choose One: Dill Chicken Nuggets Pasta with Meat Sauce

(Both Entrées Served with Roll) Yogurt, Fruit & Granola Parfait Turkey Club Sub

Choose: Sweet Potato Fries Farmstand Veggie Dippers

31

24

Choose One: Tarantula Taco Day! **Ghoulish Cheese Calzones** Wicked Chicken Caesar Salad

Italian Pinwheel Munchable Choose: Marinara Sauce Cup Santa Fe Black Beans Sliced Cucumber Side Salad



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!

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