

FEBRUARY

PCS Elementary Lunch Menu

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 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



Visit nutrilslice.com for Menu & Nutrition Information, & to download the app on your mobile device!




Monday	Tuesday	Wednesday	Thursday	Friday
3 Apple Cinnamon Texas Toast <u>Choose One:</u> Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Tater Tots Fresh Veggie Dippers	4 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Marinara Cup Refried Fiesta Beans Romaine Side Salad	5 Mini Maple Pancakes <u>Choose One:</u> Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers	6 Chicken Waffle Sandwich Mr. Strohofer Corn Dog Cheesy Bread Curly Fries Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i>	7 Cheese Omelet w/ Toast <u>Choose One:</u> Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Mixed Vegetables Fresh Veggie Dippers
10 Pancake Pup <u>Choose One:</u> Chicken Tender Basket w/ <i>Crispy Fries & Roll</i> Max Cheese Sticks Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Country Baked Beans Marinara Cup * Veggie Dippers	11 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Breakfast for Lunch Pizzaboli Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Deli Roasted Potatoes Marinara Cup * Romaine Side Salad	12 Biscuit & Sausage Gravy <u>Choose One:</u> Pasta & Meat Sauce or Meatballs, OR Ravioli & Roll Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Crispy Fries Sliced Cucumbers	13 Egg, Ham & Cheese Sandwich <u>Choose One:</u> Featured Item: Loaded Beef & Cheese Nachos Grilled Cheese Apple A Day Salad Chicken Caesar Wrap <u>Choose:</u> Tomato Soup Mixed Side Salad	14 French Toast & Chicken Bites <u>Choose One:</u> Pizza Variety Ocean Treasure Fish Nuggets w/ Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Spinach or Collard Greens Fresh Veggie Dippers
17 <p style="text-align: center;">Presidents' Day No School For Students</p>	18 Scones (3 flavors!) <u>Choose One:</u> Cheese Sticks & Toasted Ravioli Boat Corn Dog OR Hot Dog Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Steamed Broccoli Florets Marinara Cup Romaine Side Salad	19 Mini Eggo Confetti Pancakes <u>Choose One:</u> Popcorn Chicken w/ Mashed Potatoes & Gravy Rotini w/ Meatsauce Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Corn Niblets * Sliced Cucumbers	20 Sausage Biscuit or Sausage & Grits <u>Choose One:</u> Featured Item: Chicken Sandwich Cheese Quesadillas Apple-a-Day Salad Chicken Caesar Wrap <u>Choose:</u> Battered Sweet Potato Fries Salsa Cup * Mixed Side Salad	21 Breakfast Skillet w/ Toast <u>Choose One:</u> Pizza Variety Fish Sticks o' the Sea w/ a Roll OR Soft Shell Fish Tacos Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Green Beans * Fresh Veggie Dippers
24 Apple Cinnamon Texas Toast <u>Choose One:</u> Hamburger OR Cheeseburger Chicken & Waffle Fruit & Yogurt Plate Deli Meat & Cheese Sandwich <u>Choose:</u> Tater Tots Fresh Veggie Dippers	25 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Cheesy Bread Chicken Caesar Salad Jamwich Kit <u>Choose:</u> Marinara Cup Refried Fiesta Beans Romaine Side Salad	26 Mini Maple Pancakes <u>Choose One:</u> Mandarin Orange Chicken Bowl Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers	27 Chicken Waffle Sandwich Café Popcorn Chicken/Biscuit Cheesy Bread Curly Fries Entrée Salad: <i>Apple-a-Day Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i>	28 Cheese Omelet w/ Toast <u>Choose One:</u> Pizza Variety Teriyaki Beef Dippers w/ Rice & Roll Chef Salad Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Mixed Vegetables Fresh Veggie Dippers



Fresh from Florida celery is rich in vitamins A, K & C, plus minerals such as potassium & folate.



Pinellas County Schools
FOOD AND NUTRITION

ENERGY FOR EDUCATION

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