

FEBRUARY

Pinellas County K-12 School Lunch Menu

Fun Fact!

Strawberries are the only fruit that wear their seeds on the outside... and they are a member of the ROSE family!



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>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>		<p>1 Breakfast Bowl (<i>Cheesy Eggs &Tots</i>) <u>Choose One:</u> Pizza Cheesy <u>or</u> Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Corn Niblets Fresh Veggie Dippers</p>
<p>4 Maple Pancake Minis <u>Choose One:</u> Hamburger <u>or</u> Cheeseburger Chicken & Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Bologna & Cheese Sandwich <u>Choose:</u> Sliced Carrots Fresh Veggie Dippers</p>	<p>5 Breakfast Sandwich(Egg/Ham/Chs) Mrs. White's Class Popcorn Chicken/Biscuit Cheese Pizza Curly fries Entrée Salad: <i>Farmers or Apple-a-Day</i> Sandwich: <i>Jamwich Kit</i> Side Salad: <i>Romaine</i></p>	<p>6 Chicken Biscuit <u>Choose One:</u> Chicken Tender Basket w/ <i>Crinkle Oven Fries</i> Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Sliced Cucumbers Spinach <u>or</u> Collard Greens</p>	<p>7 Sunshine Omelet Wrap <u>Choose One:</u> Beef <u>or</u> Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>8 Apple Cinnamon Texas Toast <u>Choose One:</u> Pizza Teriyaki Chicken Bowl Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Green Beans Fresh Veggie Dippers</p>
<p>11 Pancake Pup <u>Choose One:</u> Chicken & Waffle Cheesy Bread Fruit & Yogurt Plate Bologna & Cheese Sandwich <u>Choose:</u> Peas <u>or</u> Green Beans Marinara Cup Fresh Veggie Dippers</p>	<p>12 Scrambled Egg, Bacon, & Biscuit <u>Choose One:</u> Featured Entrée: <i>Beef & Potato Turbate w/ Roll</i> Corn Dog Farmers' <u>or</u> Apple-A-Day Salad PBJ Jamwich Kit <u>Choose:</u> Baked Beans, Romaine Side Salad</p>	<p>13 Glazed Dunker <u>Choose One:</u> Chicken Drumstick w/ <i>Hush Puppy</i> Pasta with Meatballs & Sauce <u>or</u> Ravioli & Roll Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers</p>	<p>14 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Beef Rib B Q Sandwich Cheese Stick & Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad</p>	<p>15 Breakfast Chicken Nibbler <u>Choose One:</u> Pizza Wild Alaskan Ocean Treasure Fish Nuggets w/ <i>Roll</i> Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Mashed Potatoes Fresh Veggie Dippers</p>
<p>18</p> <p style="text-align: center;">NO SCHOOL FOR STUDENTS</p>	<p>19 Mini Confetti Pancakes <u>Choose One:</u> Breaded Chicken Sandwich Grilled Cheese Sandwich Farmers' <u>or</u> Apple-A-Day Salad PBJ Jamwich Kit <u>Choose:</u> Tomato Soup Romaine Side Salad</p>	<p>20 Cinnamon Roll <u>Choose One:</u> Teriyaki Beef Dippers over Rice <u>or</u> Lo Mein Noodles Chicken Nuggets w/ <i>Dip Cup</i> Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Sliced Cucumbers Steamed Broccoli Florets</p>	<p>21 Sausage Biscuit or Grits & Sausage <u>Choose One:</u> Breakfast for Lunch Mini Cheese Calzones Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Deli Roasted Potatoes Leafy Green Side Salad</p>	<p>22 Breakfast Bowl (<i>Cheesy Eggs &Tots</i>) <u>Choose One:</u> Pizza Cheesy <u>or</u> Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Corn Niblets Fresh Veggie Dippers</p>
<p>25 Maple Pancake Minis <u>Choose One:</u> Hamburger <u>or</u> Cheeseburger Chicken & Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Bologna & Cheese Sandwich <u>Choose:</u> Sliced Carrots Fresh Veggie Dippers</p>	<p>26 Breakfast Sandwich(Egg/Ham/Chs) Café Choice Stuffed Shells Sloppy Joe corn Entrée Salad: <i>Farmers or Apple-a-Day</i> Sandwich: <i>Jamwich Kit</i> Side Salad: <i>Romaine</i></p>	<p>27 Chicken Biscuit <u>Choose One:</u> Chicken Tender Basket w/ <i>Crinkle Oven Fries</i> Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Sliced Cucumbers Spinach <u>or</u> Collard Greens</p>	<p>28 Sunshine Omelet Wrap <u>Choose One:</u> Beef <u>or</u> Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	