Middle School Lunch Menu

Greek OR Apple-a-Day Salad

Chicken Caesar Wrap

Mixed Side Salad

Tomato Soup

Choose:

Choose:

Sweet Green Peas

Fresh Veggie Dippers



The small but mighty radish contains Vitamin C & Fiber!

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

Chef Salad

Ham & Cheese Sandwich

Choose: Marinara Cup * Baked Beans

Fresh Veggie Dippers

Pinellas County Schools

ENERGY FOR EDUCATION



6		7 Scones (NEW flavors!)	8 Mini Eggo Confetti Pancakes	9 Sausage Biscuit <i>or</i> Sausage & Grits	10 Breakfast Skillet w/ Toast
1		Choose One:	Choose One:	Choose One:	Choose One:
	No School	Breaded Chicken Sandwich	Tailgate Basket	Featured Item:	Teriyaki Beef Dippers w/ Rice & Roll
		Loaded BBQ Pork & Cheese Nachos	Cheesy Bread	Sweet Thai Chili Chicken w/ Rice & Roll	Ocean Treasure Fish Nuggets w/ Roll
7	For	Yogurt & Fruit Parfait	Chicken Caesar Salad	Grilled Cheese	Fruit & Yogurt Plate
	1.01	Turkey Club Wrap	Deli Carver Combo Sandwich	Greek OR Apple-a-Day Salad	Turkey & Cheese Hoagie/Sandwich
	- 4	<u>Choose:</u>	Choose: Marinara Cup	Chicken Caesar Wrap	<u>Choose:</u>
	Students	Santa Fe Black Beans	Mixed Vegetables	<u>Choose</u> : Tomato Soup	Sweet Green Peas
		Romaine Side Salad	Sliced Cucumbers	Mixed Side Salad	Fresh Veggie Dippers
13	3 Apple Cinnamon Texas Toast	14 Scrambled Egg, Bacon & Biscuit	15 Mini Maple Pancakes	16 Chicken Waffle Sandwich	17 Cheese Omelet w/ Toast
	Choose One:	Choose One:	Choose One:	Student Choice Menu	<u>Choose One:</u>
	Rotini w/ Meat Sauce & Garlic Roll	Beef or Pork Tacos	Chicken & Waffle	Students choose the	Chicken Fajita Bowl
	Chicken Nuggets & Roll	Max Sticks	Meat Lovers Stromboli	hot entrees &	Hamburger OR Cheeseburger
		Chicken Caesar Salad	Apple a Day Salad	vegetable options!	Fruit & Yogurt Plate
	Yogurt & Fruit Parfait	Turkey Club Wrap	Deli Carver Combo Sandwich		Turkey & Cheese Hoagie/Sandwich
	Ham & Cheese Sandwich	Choose: Marinara Cup	<u>Choose:</u> Marinara Cup	Entrée Salad: Greek OR Chef Salad	<u>Choose</u> :
<u>Cl</u>	<i>hoose:</i> Steamed Broccoli Florets	Refried Fiesta Beans	Green Beans	Sandwich: Chicken Caesar Wrap	Crispy Fries
	Fresh Veggie Dippers	Romaine Side Salad	Sliced Cucumbers	Side Salad: <i>Mixed</i>	Fresh Veggie Dippers
20	Martin Luther King, Jr. Day	21 Bacon, Egg & Cheese Pizza	22Biscuit & Sausage Gravy (NEW item!)	23 Egg, Ham & Cheese Sandwich	24 French Toast & Chicken Bites
		Choose One:	Choose One:	Choose One:	Choose One:
	No School	Designer Burger: Seminole MS	Cheese Quesadillas	Featured Item: Mandarin Orange	Chicken Tender Basket w/ Onion Rings
	140 3011001	Hawkburger	Pasta & Meat Sauce or Meatballs,	Chicken w/ Rice & Chow Mein Noodles	Fish o' the Sea Sticks w/ Roll or Tacos
	_	Cheese Sticks & Toasted Ravioli Boat	OR Ravioli & Breadstick Pizzaboli		Fruit & Yogurt Plate
	For	Chicken Caesar Salad	Chef Salad	Greek OR Apple-a-Day Salad	Turkey & Cheese Hoagie/Sandwich
		Turkey Club Wrap	Deli Carver Combo Sandwich	Chicken Caesar Wrap	<u>Choose</u> :
	Studente	Choose: Marinara Cup * Curly Fries	<u>Choose:</u> Salsa Cup * Sliced	<u>Choose</u> : Marinara Cup	Country Baked Beans

Students		Turkey Club Wrap Choose: Marinara Cup * Curly Fries Romaine Side Salad	_	ose: Salsa Cup * Sliced ucumbers * Spinach OR Collards	Choose:	Marinara Cup Iiblets * Mixed Side Salad		Cnoose: Country Baked Beans Fresh Veggie Dippers
27	Egg & Cheese Croissant	28 Scones (NEW flavors!)	29	Mini Eggo Confetti Pancakes	30 Sausag	ge Biscuit or Sausage & Grits	31	Breakfast Skillet w/ Toast
Choose One: Sweet Thai Chili Chicken w/ Rice & Roll		Choose One: Breaded Chicken Sandwich Loaded BBQ Pork & Cheese Nachos		<u>Choose One:</u>		Choose One:		Choose One:
				Tailgate Basket	Featured Item: 3-Cheese Cavatappi Pasta & Garlic Breadstick		Teriya	ki Beef Dippers w/ Rice & Roll
				Cheesy Bread			Ocean Treasure Fish Nuggets w/ Roll	
	Mini Cheese Calzones	Yogurt & Fruit Parfait		Chicken Caesar Salad				Fruit & Yogurt Plate
Willin Cheese Calzones		Turkey Club Wrap		Deli Carver Combo Sandwich		Grilled Cheese	Turke	y & Cheese Hoagie/Sandwich
		Turkey club wrap		Dell Cal ver Collibo Sallawich		ormed onecoc	TUING	y & Cheese Hoagle/Sandwich

Choose:

Choose:

Santa Fe Black Beans

Romaine Side Salad

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.

Marinara Cup

Mixed Vegetables

Sliced Cucumbers