

FEBRUARY PCS Middle School 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> Rotini w/ Meat Sauce & Garlic Roll Chicken Nuggets & Roll Yogurt & Fruit Parfait Deli Meat & Cheese Sandwich <u>Choose:</u> Steamed Broccoli Florets Fresh Veggie Dippers	4 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Max Sticks Chicken Caesar Salad Turkey Club Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans * Romaine Side	5 Mini Maple Pancakes <u>Choose One:</u> Chicken & Waffle Meat Lovers Stromboli Apple a Day Salad Deli Carver Combo Sandwich <u>Choose:</u> Marinara Cup Green Beans *Sliced Cucumbers	6 Chicken Waffle Sandwich Student Choice Menu Students choose the hot entrees & vegetable options! Entrée Salad: <i>Greek OR Chef Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i>	7 Cheese Omelet w/ Toast <u>Choose One:</u> Chicken Fajita Bowl Hamburger OR Cheeseburger Fruit & Yogurt Plate Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Crispy Fries Fresh Veggie Dippers
10 Pancake Pup <u>Choose One:</u> Mandarin Chicken w/ Rice & Chow Mein Noodles Pizza Crunchers Yogurt & Fruit Parfait Deli Meat & Cheese Sandwich <u>Choose:</u> Green Beans Fresh Veggie Dippers	11 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Designer Burger: Tarpon MS Spartan Burger Cheese Sticks & Toasted Ravioli Boat Chicken Caesar Salad Turkey Club Wrap <u>Choose:</u> Marinara Cup * Curly Fries Romaine Side Salad	12 Biscuit & Sausage Gravy <u>Choose One:</u> Cheese Quesadillas Pasta & Meat Sauce or Meatballs, OR Ravioli & Breadstick Chef Salad Deli Carver Combo Sandwich <u>Choose:</u> Salsa Cup * Sliced Cucumbers * Spinach OR Collards	13 Egg, Ham & Cheese Sandwich <u>Choose One:</u> Featured Item: Firecracker Chicken w/Rice & Noodles Pizzaboli Greek OR Apple-a-Day Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Corn Niblets * Mixed Side Salad	14 French Toast & Chicken Bites <u>Choose One:</u> Chicken Tender Basket w/ Onion Rings Fish o' the Sea Sticks w/ Roll or Fish Tacos Fruit & Yogurt Plate Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Country Baked Beans Fresh Veggie Dippers
17 Presidents' Day No School For Students	18 Scones <u>Choose One:</u> Breaded or Spicy Chicken Sandwich Loaded BBQ Pork & Cheese Nachos Yogurt & Fruit Parfait Turkey Club Wrap <u>Choose:</u> Santa Fe Black Beans Romaine Side Salad	19 Mini Eggo Confetti Packakes <u>Choose One:</u> Tailgate Basket Cheesy Bread Chicken Caesar Salad Deli Carver Combo Sandwich <u>Choose:</u> Marinara Cup Mixed Vegetables Sliced Cucumbers	20 Sausage Biscuit or Sausage & Grits <u>Choose One:</u> Featured Item: Sweet Thai Chili Chicken w/Rice & Roll Grilled Cheese Greek OR Apple-a-Day Salad Chicken Caesar Wrap <u>Choose:</u> Tomato Soup Mixed Side Salad	21 Breakfast Skillet w/Toast <u>Choose One:</u> Teriyaki Beef Dippers w/ Rice & Roll Ocean Treasure Fish Nuggets w/ Roll Fruit & Yogurt Plate Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Sweet Green Peas Fresh Veggie Dippers
24 Apple Cinnamon Texas Toast <u>Choose One:</u> Rotini w/ Meat Sauce & Garlic Roll Chicken Nuggets & Roll Yogurt & Fruit Parfait Deli Meat & Cheese Sandwich <u>Choose:</u> Steamed Broccoli Florets Fresh Veggie Dippers	25 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Beef or Pork Tacos Max Sticks Chicken Caesar Salad Turkey Club Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Romaine Side Salad	26 Mini Maple Pancakes <u>Choose One:</u> Chicken & Waffle Meat Lovers Stromboli Apple a Day Salad Deli Carver Combo Sandwich <u>Choose:</u> Marinara Cup Green Beans Sliced Cucumbers	27 Chicken Waffle Sandwich Student Choice Menu Students choose the hot entrees & vegetable options! Entrée Salad: <i>Greek OR Chef Salad</i> Sandwich: <i>Chicken Caesar Wrap</i> Side Salad: <i>Mixed</i>	28 Cheese Omelet w/ Toast <u>Choose One:</u> Chicken Fajita Bowl Hamburger OR Cheeseburger Fruit & Yogurt Plate Turkey & Cheese Hoagie/Sandwich <u>Choose:</u> Crispy Fries Fresh Veggie Dippers



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

