Monday

Pinellas County Middle School Lunch Menu

Thursday

Potatoes are good for you: they contain vitámins C & B6, Iron, Potassium, & Fiber! Potatoes are veggies, but contain a lot of starch that make them more like rice. pasta & bread.



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 lunchmeal) May Choose 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

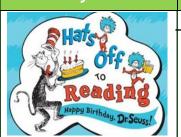
Also available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices





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!



Green Eggs & Ham w/Toast

Friday

8

15

Choose One:

Chicken & Waffle Max Cheese Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich

> Choose: Marinara Cup Spinach or Collard Greens Fresh Veggie Dippers

National

Pole Position Pancake Pup

Choose One:

Honey Sriracha Boneless Wings & Roll Mini Cheese Calzones

> Chef Salad Turkey Club Wrap

Choose: Marinara Cup*Santa Fe Black Beans Fresh Veggie Dippers

School

Tuesdav

Speedway Egg, Bacon, & Biscuit Choose One:

Featured Entrée: Cherry Blossom Chicken over Rice

w/ Chow Mein Noodles Grilled Cheese Sandwich Chicken Caesar Salad Ham & Cheese Sandwich

Choose: Tomato Soup Romaine Side Salad

12

Breakfast

Wednesday

Checkered Flag French Toast

Choose One:

Homestyle or Spicy Chicken Sandwich Pasta, Meatballs & Sauce or Ravioli with Breadstick

Yogurt & Fruit Parfait Deli Carver Combo

Choose: Broccoli Florets Sliced Cucumbers

Week!

Pit Stop Breakfast Pizza

Choose One:

Hamburger or Cheeseburger Loaded BBQ Pork & Cheese Nachos Greek or Veggie Dipper Salad Chicken Caesar Wrap

Choose:

Corn Niblets Leafy Green Side Salad *NO SCHOOL*



START YOUR ENGINES!

11

SPRING BREAK

Choose One: Chicken Nuggets w/ Roll Macaroni & Cheese w/ Roll Farmer's or Apple-A-Day Salad Turkey Club Wrap

Choose:

Mini Confetti Pancakes

Seasoned Curly Fries Fresh Veggie Dippers

Maple Pancake Minis

Choose One:

Chicken & Broccoli Penne Alfredo

w/ Breadstick

Pizza Crunchers

Chef Salad

Turkey Club Wrap

Choose:

Green Beans

Fresh Veggie Dippers

Choose One: Featured Entrée:

Meat Lover's Stromboli Corn Dog Chicken Caesar Salad

Egg & Cheese Croissant

Ham & Cheese Sandwich **Choose:** Baked Beans

Romaine Side Salad * Marinara Cup

26 Breakfast Sandwich(Egg/Ham/Chs

School Favorites Day

Students Choose

the Hot Entrees

& Veaaies!

Entrée Salad: Chicken Caesar Salad

Sandwich: Ham & Cheese Sandwich

Side Salad: Romaine

Choose One: Chicken Drumstick w/ Hush Puppies Cheese Stick & Toasted Ravioli Boat

27

Cinnamon Roll

w/ Tuscan Sauce Yogurt & Fruit Parfait

Chicken Biscuit

Choose One:

Bacon Cheeseburger or Cheeseburger

Firecracker Chicken

w/ Rice & Roll

Yogurt & Fruit Parfait

Choose:

Sliced Cucumbers

Deli Carver Combo

Sweet Potato Waffle Fries

Deli Carver Combo Choose: Mashed Potatoes & Gravy Sliced Cucumbers

21 Sausage Biscuit or Grits & Sausage Choose One:

Teriyaki Beef Dippers over Rice or Lo Mein Noodles & Roll Cheese Quesadillas Greek or Cobb Salad

Chicken Caesar Wrap Choose: Steamed Broccoli Florets Salsa Cup • Leafy Green Side Salad

Sunshine Omelet Wrap

22 Breakfast Bowl (Cheesy Eggs &Tots)

Choose One:

Chicken Tender Basket w/ Onion Rinas Cheesy or Spicy Fish Filet Sandwich

Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich **Choose:** Sliced Carrots

Fresh Veggie Dippers

29 Apple Cinnamon Texas Toast

Choose One:

28

Beef or Pork Tacos Cheesy Bread Greek or Taco Salad Chicken Caesar Wrap

Choose:

Marinara Cup Refried Fiesta Beans Leafy Green Side Salad

Choose One: Chicken & Waffle

Max Cheese Sticks Fruit & Yogurt Plate Turkey & Cheese Ciabatta Sandwich

Choose:

Marinara Cup Spinach or Collard Greens Fresh Veggie Dippers

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.