

SEPTEMBER

Pinellas County Elementary School Lunch Menu

Fun Fact!

September 27th is National Chocolate Milk Day! Fat free chocolate milk provides the healthy benefits of protein for muscle repair, & electrolytes for hydration. Plus, it tastes great!



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>Go to nutrislice.com for Menu/Nutrition Info; & download the app on your mobile device!</p> 		<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>3 NO SCHOOL</p>	<p>4 Egg, & Cheese Croissant Choose One: Featured Item: Loaded Beef & Cheese Nachos Grilled Cheese Farmer's Salad or Apple-a-Day Salad Jamwich Kit Choose: Tomato Soup Romaine Side Salad</p>	<p>5 Cinnamon Roll Choose One: Teriyaki Beef Dippers w/ Rice or Lo Mein Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>6 Sausage Biscuit or Sausage & Grits Choose One: Breakfast for Lunch Mini Calzones Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Deli Roasted Potatoes Leafy Green Side Salad</p>	<p>7 Breakfast Bowl (Cheesy Eggs & Tots) Choose One: Pizza Variety Cheesy Fish Filet or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>
<p>10 Maple Pancake Minis Choose One: Cheeseburger or Hamburger Chicken & Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Sliced Carrots Fresh Veggie Dippers</p>	<p>11 Breakfast Sandwich (Egg/Ham/Cheese) **School Favorites Day** Students Choose the Hot Entrees & Veggies! Entrée Salad: Farmers or Apple-a-Day Sandwich: Jamwich Kit Side Salad: Romaine</p> 	<p>12 Chicken Biscuit Choose One: Chicken Tender Basket w/ Oven Crinkle Fries Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Spinach or Collard Greens</p>	<p>13 Sunshine Omelet Wrap Choose One: Beef or Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>14 Apple Cinnamon Texas Toast Choose One: Pizza Variety Teriyaki Chicken Bowl Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Green Beans Fresh Veggie Dippers</p>
<p>17 Pancake Pup Choose One: Chicken & Waffle Cheesy Bread Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Sweet Peas * Marinara Cup Fresh Veggie Dippers</p>	<p>18 Scrambled Egg, Bacon & Biscuit Choose One: Featured Item: Stuffed Shells w/ Breadstick Corn Dog Farmer's Salad or Apple-a-Day Salad Jamwich Kit Choose: Country Baked Beans Romaine Side Salad</p>	<p>19 Glazed Dunker Choose One: Chicken Drumstick w/ Hush Puppy Pasta & Meatballs Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Steamed Broccoli Florets Sliced Cucumbers</p>	<p>20 Bacon, Egg & Cheese Pizza Choose One: Beef Rib B Q Sandwich Cheese Stick & Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad</p>	<p>21 Breakfast Chicken Nibbler Choose One: Pizza Variety Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Mashed Potatoes Fresh Veggie Dippers</p>
<p>24 Mini Eggo Confetti Pancakes Choose One: Homestyle Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>25 Egg, & Cheese Croissant Choose One: Featured Item: Philly Beef Pizza Grilled Cheese Farmer's Salad or Apple-a-Day Salad Jamwich Kit Choose: Tomato Soup Romaine Side Salad</p>	<p>26 Cinnamon Roll Choose One: Teriyaki Beef Dippers w/ Rice or Lo Mein Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>27 Sausage Biscuit or Sausage & Grits Choose One: Breakfast for Lunch Mini Calzones Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Deli Roasted Potatoes Leafy Green Side Salad</p>	<p>28 Breakfast Bowl (Cheesy Eggs & Tots) Choose One: Pizza Variety Cheesy Fish Filet or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>

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.