

MARCH Pinellas County Elementary School Lunch Menu

Fun Fact!

Potatoes are good for you: they contain vitamins C & B6, Iron, Potassium, & Fiber! Potatoes are a vegetable, 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 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>Potatoes!</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>1 Green Eggs & Ham w/Toast Choose One: Pizza Teriyaki Chicken Bowl Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Green Beans*Veggie Dippers</p>
<p>4 National Pole Position Pancake Pup Choose One: Chicken & Waffle Cheesy Bread Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Peas or Green Beans Marinara Cup Fresh Veggie Dippers</p>	<p>5 School Speedway Egg, Bacon, & Biscuit Choose One: Chicken & Waffle Featured Entrée: Cherry Blossom Chicken over Rice w/ Chow Mein Noodles Corn Dog Farmers' or Apple-A-Day Salad PBJ Jamwich Kit Choose: Baked Beans*Romaine Salad</p>	<p>6 Breakfast Checkered Flag French Toast Choose One: Chicken Drumstick w/ Hush Puppy Pasta with Meatballs & Sauce or Ravioli & Roll Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>7 Week! Pit Stop Breakfast 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>8 NO SCHOOL</p>
<p>11 12 13 14 15</p> <h1 style="color: green; text-decoration: underline;">SPRING BREAK</h1>				
<p>18 Eggo Mini Confetti Pancakes Choose One: Breaded Chicken Sandwich Loaded Beef & Cheese Nachos Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Santa Fe Black Beans Fresh Veggie Dippers</p>	<p>19 Egg & Cheese Croissant Choose One: Featured Entrée: Meat Lover's Stromboli Grilled Cheese Sandwich Farmers' or Apple-A-Day Salad PBJ Jamwich Kit Choose: Tomato Soup Romaine Side Salad * Marinara Cup</p>	<p>20 Cinnamon Roll Choose One: Teriyaki Beef Dippers over Rice or Lo Mein Noodles Chicken Nuggets w/ Dip Cup Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>21 Sausage Biscuit or Grits & Sausage Choose One: Breakfast for Lunch Mini Cheese Calzones Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Deli Roasted Potatoes Leafy Green Side Salad</p>	<p>22 Breakfast Bowl (Cheesy Eggs &Tots) Choose One: Pizza Cheesy or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>
<p>25 Maple Pancake Minis Choose One: Hamburger or Cheeseburger Chicken & Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Bologna & Cheese Sandwich Choose: Sliced Carrots Fresh Veggie Dippers</p>	<p>26 Breakfast Sandwich(Egg/Ham/Chs) **School Favorites Day** Students Choose the Hot Entrees & Veggies! Entrée Salad: Farmers or Apple-a-Day Sandwich: Jamwich Kit Side Salad: Romaine</p>	<p>27 Chicken Biscuit Choose One: Chicken Tender Basket w/ Crinkle Oven Fries Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant Choose: Sliced Cucumbers Spinach or Collard Greens</p>	<p>28 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>29 Apple Cinnamon Texas Toast Choose One: Pizza Teriyaki Chicken Bowl Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich Choose: Green Beans 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.