

# FEBRUARY Pinellas County Elementary School Lunch Menu

## Fun Fact!

Strawberries are the only fruit that wear their seeds on the outside... and they are a member of the ROSE family!



### 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>Strawberries!</p>	<p><i>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!</i></p>		<p>1 Breakfast Bowl (Cheesy Eggs &amp; Tots) Choose One: Pizza Cheesy or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>
<p>4 Maple Pancake Minis Choose One: Hamburger or Cheeseburger Chicken &amp; Broccoli Penne Alfredo w/ Breadstick Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich Choose: Sliced Carrots Fresh Veggie Dippers</p>	<p>5 Breakfast Sandwich (Egg/Ham/Chs) <b>**School Favorites Day**</b> <i>Students Choose the Hot Entrees &amp; Veggies!</i> Entrée Salad: Farmers or Apple-a-Day Sandwich: Jamwich Kit Side Salad: Romaine</p>	<p>6 Chicken Biscuit Choose One: Chicken Tender Basket w/ Crinkle Oven Fries Macaroni &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant Choose: Sliced Cucumbers Spinach or Collard Greens</p>	<p>7 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>8 Apple Cinnamon Texas Toast Choose One: Pizza Teriyaki Chicken Bowl Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich Choose: Green Beans Fresh Veggie Dippers</p>
<p>11 Pancake Pup Choose One: Chicken &amp; Waffle Cheesy Bread Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich Choose: Peas or Green Beans Marinara Cup Fresh Veggie Dippers</p>	<p>12 Scrambled Egg, Bacon, &amp; Biscuit Choose One: Featured Entrée: <i>Beef &amp; Potato Turbate w/ Roll</i> Corn Dog Farmers' or Apple-A-Day Salad PBJ Jamwich Kit Choose: Baked Beans Romaine Salad</p>	<p>13 Glazed Dunker Choose One: Chicken Drumstick w/ Hush Puppy Pasta with Meatballs &amp; Sauce or Ravioli &amp; Roll Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant Choose: Steamed Broccoli Florets Sliced Cucumbers</p>	<p>14 Bacon, Egg &amp; Cheese Pizza Choose One: Beef Rib B Q Sandwich Cheese Stick &amp; Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap Choose: Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad</p>	<p>15 Breakfast Chicken Nibbler Choose One: Pizza Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich Choose: Mashed Potatoes Fresh Veggie Dippers</p>
<p>18 <b>NO SCHOOL FOR STUDENTS</b></p>	<p>19 Mini Confetti Pancakes Choose One: Breaded Chicken Sandwich Grilled Cheese Sandwich Farmers' or Apple-A-Day Salad PBJ Jamwich Kit Choose: Tomato Soup Romaine Salad</p>	<p>20 Cinnamon Roll Choose One: Teriyaki Beef Dippers over Rice or Lo Mein Noodles Chicken Nuggets w/ Dip Cup Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant Choose: Sliced Cucumbers Steamed Broccoli Florets</p>	<p>21 Sausage Biscuit or Grits &amp; 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 &amp; Tots) Choose One: Pizza Cheesy or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich Choose: Corn Niblets Fresh Veggie Dippers</p>
<p>25 Maple Pancake Minis Choose One: Hamburger or Cheeseburger Chicken &amp; Broccoli Penne Alfredo w/ Breadstick Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich Choose: Sliced Carrots Fresh Veggie Dippers</p>	<p>26 Breakfast Sandwich (Egg/Ham/Chs) <b>**School Favorites Day**</b> <i>Students Choose the Hot Entrees &amp; Veggies!</i> 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 &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; 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>	

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