

# OCTOBER

## Pinellas County Elementary School Lunch Menu

### Fun Fact!

October is National Farm to School Month! Look for exciting opportunities to get informed, get involved and take action to grow farm to school in your own community & across the country.



#### 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><b>1</b> Maple Pancake Minis</p> <p><b>Choose One:</b> Cheeseburger or Hamburger Chicken &amp; Broccoli Penne Alfredo w/ Breadstick Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Sliced Carrots Fresh Veggie Dippers</p>	<p><b>2</b> Breakfast Sandwich (Egg/Ham/Cheese)</p> <p><b>**School Favorites Day** Students Choose the Hot Entrees &amp; Veggies!</b></p> <p>Entrée Salad: Farmers or Apple-a-Day Sandwich: Jamwich Kit Side Salad: Romaine</p>	<p><b>3</b> Chicken Biscuit</p> <p><b>Choose One:</b> Chicken Tender Basket w/ Oven Crinkle Fries Macaroni &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Sliced Cucumbers Spinach or Collard Greens</p>	<p><b>4</b> Sunshine Omelet Wrap</p> <p><b>Choose One:</b> Beef or Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p><b>5</b> Apple Cinnamon Texas Toast</p> <p><b>Choose One:</b> Pizza Variety Teriyaki Chicken Bowl Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Green Beans Fresh Veggie Dippers</p>
<p><b>8</b> Pancake Pup</p> <p><b>Choose One:</b> Chicken &amp; Waffle Cheesy Bread Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Sweet Peas * Marinara Cup Fresh Veggie Dippers</p>	<p><b>9</b> Scrambled Egg, Bacon &amp; Biscuit</p> <p><b>Choose One:</b> <b>Featured Item:</b> Soft Chicken Tacos Corn Dog Farmer's Salad or Apple-a-Day Salad Jamwich Kit</p> <p><b>Choose:</b> Country Baked Beans Romaine Side Salad</p>	<p><b>10</b> Glazed Dunker</p> <p><b>Choose One:</b> Chicken Drumstick w/ Hush Puppy Pasta &amp; Meatballs Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Steamed Broccoli Florets Sliced Cucumbers</p>	<p><b>11</b> Bacon, Egg &amp; Cheese Pizza</p> <p><b>Choose One:</b> Beef Rib B Q Sandwich Cheese Stick &amp; Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Sweet Potato Waffle Fries Fresh From Florida Citrus Salad</p>	<p><b>12</b> Breakfast Chicken Nibbler</p> <p><b>Choose One:</b> Pizza Variety Wild Alaskan Ocean Treasure Fish Nuggets w/ Roll Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Mashed Potatoes Fresh Veggie Dippers</p>
<p><b>15</b> <i>National</i></p> <p><b>No School For Students</b></p>	<p><b>16</b> <i>School</i> Egg, &amp; Cheese Croissant</p> <p><b>Choose One:</b> <b>Featured Item:</b> Chicken Sandwich Grilled Cheese Farmer's Salad or Apple-a-Day Salad Jamwich Kit</p> <p><b>Choose:</b> Tomato Soup Romaine Side Salad</p>	<p><b>17</b> <i>Lunch</i> Cinnamon Roll</p> <p><b>Choose One:</b> Teriyaki Beef Dippers w/ Rice or Lo Mein Chicken Nuggets w/ Dip Cup Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Sliced Cucumbers Steamed Broccoli Florets</p>	<p><b>18</b> <i>Week</i> Sausage Biscuit or Sausage &amp; Grits</p> <p><b>Choose One:</b> Breakfast for Lunch Mini Calzones Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup* Emoticon Taters Fresh From Florida Citrus Salad <b>#lots2love Heart Cookie</b></p>	<p><b>19</b> <i>#lots2love</i> Breakfast Bowl (Cheesy Eggs &amp; Tots)</p> <p><b>Choose One:</b> Pizza Variety Cheesy Fish Filet or Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Corn Niblets Fresh Veggie Dippers</p>
<p><b>22</b> Maple Pancake Minis</p> <p><b>Choose One:</b> Cheeseburger or Hamburger Chicken &amp; Broccoli Penne Alfredo w/ Breadstick Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Sliced Carrots Fresh Veggie Dippers</p>	<p><b>23</b> Breakfast Sandwich (Egg/Ham/Cheese)</p> <p><b>**School Favorites Day** Students Choose the Hot Entrees &amp; Veggies!</b></p> <p>Entrée Salad: Farmers or Apple-a-Day Sandwich: Jamwich Kit Side Salad: Romaine</p>	<p><b>24</b> Chicken Biscuit</p> <p><b>Choose One:</b> Chicken Tender Basket w/ Oven Crinkle Fries Macaroni &amp; Cheese Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Sliced Cucumbers Spinach or Collard Greens</p>	<p><b>25</b> Sunshine Omelet Wrap</p> <p><b>Choose One:</b> Beef or Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap</p> <p><b>Choose:</b> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p><b>26</b> Apple Cinnamon Texas Toast</p> <p><b>Choose One:</b> Pizza Variety Teriyaki Chicken Bowl Chicken Caesar Salad Turkey &amp; Cheese Ciabatta Sandwich</p> <p><b>Choose:</b> Green Beans Fresh Veggie Dippers</p>
<p><b>29</b> Pancake Pup</p> <p><b>Choose One:</b> Chicken &amp; Waffle Cheesy Bread Fruit &amp; Yogurt Plate Bologna &amp; Cheese Sandwich</p> <p><b>Choose:</b> Sweet Peas * Marinara Cup Fresh Veggie Dippers</p>	<p><b>30</b> Scrambled Egg, Bacon &amp; Biscuit</p> <p><b>Choose One:</b> <b>Featured Item:</b> Bat Nuggets w/ Web Fries Corn Dog Farmer's Salad or Apple-a-Day Salad Jamwich Kit</p> <p><b>Choose:</b> Country Baked Beans Romaine Side Salad <b>Pumpkin Cookie</b></p>	<p><b>31</b> Glazed Dunker</p> <p><b>Choose One:</b> Chicken Drumstick w/ Hush Puppy Pasta &amp; Meatballs Yogurt &amp; Fruit Parfait Ham &amp; Cheese Croissant</p> <p><b>Choose:</b> Steamed Broccoli Florets Sliced Cucumbers</p>	<p><b>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!</b></p>	

