

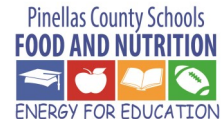
November High Lunch Menu



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 their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

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**

PLEASE NOTE:
The nationwide labor, driver and product shortages are having a significant impact on our school cafeterias. We may need to change our menus without notice to accommodate the shortages while still offering students a variety of healthy menu options. This menu may not reflect what is actually offered in your cafeteria if substitutes are necessary. We apologize for any inconvenience.



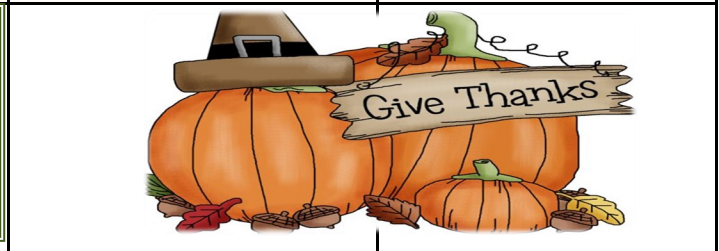
1	<p>Choose One: Asian Chicken Rice Bowl w/ Chow Mein Noodles Hamburger on a Bun or Cheeseburger on a Bun Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Tater Tots Fresh Veggie Dippers</p>	2	<p>Choose One: Beef Tacos or Pork Tacos Cheesy Bread Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Refried Fiesta Beans Marinara Sauce Cup Romaine Side Salad</p>	3	<p>Choose One: Cavatappi Pasta Alfredo Boneless Chicken Wings ** Both served w/ Breadstick Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Crispy Fries Sliced Cucumbers Side Salad</p>	4	<p>Choose One: Mini Cheese Calzones Popcorn Chicken, Mashed Potatoes, Gravy & Roll Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Corn Niblets Marinara Sauce Cup Fresh Veggie Dippers</p>	5	<p>Choose One: Chicken Drumstick with Mac 'n Cheese & Cornbread MaxSnax Cheese Quesadillas Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Green Beans Salsa Cup Romaine Side Salad</p>
8	<p>Choose One: Popcorn Chicken & Waffle Cheese Lasagna Roll-Up w/ Breadstick Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Sweet Green Peas Fresh Veggie Dippers</p>	9	<p>Choose One: Tacho Chicken Bowl & Rolls Mozzarella Stuffed Garlic-Breadsticks Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Country Baked Beans Marinara Sauce Cup Romaine Side Salad</p>	10	<p>Choose One: Chicken Tenders & Cornbread BBQ Pork on Flatbread or BBQ Chicken on Flatbread Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Seasoned Curly Fries Sliced Cucumbers Side Salad</p>	11	<p>Choose One: Managers Choice Meat Lovers Stromboli Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Sweet Potato Fries Marinara Sauce Cup Fresh Veggie Dippers</p>	12	<p>Choose One: Teriyaki Beef Dippers w/ Rice & Chow Mein Noodles Breaded Chicken Sandwich Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Broccoli Florets Romaine Side Salad</p>
15	<p>Choose One: Chicken Broccoli Penne Alfredo w/ Breadstick Hamburger Sliders or Cheeseburger Sliders Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Mixed Vegetable Medley Fresh Veggie Dippers</p>	16	<p>Choose One: Chicken Tinga Tacos Max Cheese Sticks Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Mexican Street Corn Marinara Cup * Salsa Cup Romaine Side Salad</p>	17	<p>Choose One: Chicken Souvlaki Sandwich Corn Dog or Hot Dog on a Bun w/ Onion Rings Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Green Beans Sliced Cucumbers Side Salad</p>	18	<p>Choose One: BBQ Pork & Cheese Nachos or Beef & Cheese Loaded Nachos Chicken Nuggets & Roll Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Crispy Fries Fresh Veggie Dippers</p>	19	<p>Choose One: Cheese Pizza Crunchers Boneless Buffalo Chicken Wings & Biscuit Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Santé Fe Black Beans Romaine Side Salad</p>

THANKSGIVING BREAK

29	<p>Choose One: Asian Chicken Rice Bowl w/ Chow Mein Noodles Hamburger on a Bun or Cheeseburger on a Bun Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Tater Tots Fresh Veggie Dippers</p>
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30	<p>Choose One: Beef Tacos or Pork Tacos Cheesy Bread Assorted Entrée Salads Cold Sandwich Variety CHOOSE: Refried Fiesta Beans Marinara Sauce Cup Romaine Side Salad</p>
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For Menu & Nutrition Information or to download the app on your device!
Visit nutrislice.com



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.