

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><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 (<i>Cheesy Eggs & Tots</i>) <u>Choose One:</u> Pizza Cheesy <u>or</u> Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Corn Niblets Fresh Veggie Dippers</p>
<p>4 Maple Pancake Minis <u>Choose One:</u> Hamburger <u>or</u> Cheeseburger Chicken & Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Bologna & Cheese Sandwich <u>Choose:</u> Sliced Carrots Fresh Veggie Dippers</p>	<p>5 Breakfast Sandwich(Egg/Ham/Chs) **School Favorites Day** <i>Students Choose the Hot Entrees & Veggies!</i> Entrée Salad: <i>Farmers or Apple-a-Day</i> Sandwich: <i>Jamwich Kit</i> Side Salad: <i>Romaine</i></p>	<p>6 Chicken Biscuit <u>Choose One:</u> Chicken Tender Basket w/ <i>Crinkle Oven Fries</i> Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Sliced Cucumbers Spinach <u>or</u> Collard Greens</p>	<p>7 Sunshine Omelet Wrap <u>Choose One:</u> Beef <u>or</u> Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</p>	<p>8 Apple Cinnamon Texas Toast <u>Choose One:</u> Pizza Teriyaki Chicken Bowl Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Green Beans Fresh Veggie Dippers</p>
<p>11 Pancake Pup <u>Choose One:</u> Chicken & Waffle Cheesy Bread Fruit & Yogurt Plate Bologna & Cheese Sandwich <u>Choose:</u> Peas <u>or</u> Green Beans Marinara Cup Fresh Veggie Dippers</p>	<p>12 Scrambled Egg, Bacon, & Biscuit <u>Choose One:</u> Featured Entrée: <i>Beef & Potato Turbate w/ Roll</i> Corn Dog Farmers' <u>or</u> Apple-A-Day Salad PBJ Jamwich Kit <u>Choose:</u> Baked Beans Romaine Salad</p>	<p>13 Glazed Dunker <u>Choose One:</u> Chicken Drumstick w/ <i>Hush Puppy</i> Pasta with Meatballs & Sauce <u>or</u> Ravioli & Roll Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Steamed Broccoli Florets Sliced Cucumbers</p>	<p>14 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Beef Rib B Q Sandwich Cheese Stick & Toasted Ravioli Boat Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Sweet Potato Waffle Fries Leafy Green Side Salad</p>	<p>15 Breakfast Chicken Nibbler <u>Choose One:</u> Pizza Wild Alaskan Ocean Treasure Fish Nuggets w/ <i>Roll</i> Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Mashed Potatoes Fresh Veggie Dippers</p>
<p>18</p> <p>NO SCHOOL FOR STUDENTS</p>	<p>19 Mini Confetti Pancakes <u>Choose One:</u> Breaded Chicken Sandwich Grilled Cheese Sandwich Farmers' <u>or</u> Apple-A-Day Salad PBJ Jamwich Kit <u>Choose:</u> Tomato Soup Romaine Salad</p>	<p>20 Cinnamon Roll <u>Choose One:</u> Teriyaki Beef Dippers over Rice <u>or</u> Lo Mein Noodles Chicken Nuggets w/ <i>Dip Cup</i> Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Sliced Cucumbers Steamed Broccoli Florets</p>	<p>21 Sausage Biscuit or Grits & Sausage <u>Choose One:</u> Breakfast for Lunch Mini Cheese Calzones Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Deli Roasted Potatoes Leafy Green Side Salad</p>	<p>22 Breakfast Bowl (<i>Cheesy Eggs & Tots</i>) <u>Choose One:</u> Pizza Cheesy <u>or</u> Spicy Fish Filet Sandwich Chicken Caesar Salad Turkey & Cheese Ciabatta Sandwich <u>Choose:</u> Corn Niblets Fresh Veggie Dippers</p>
<p>25 Maple Pancake Minis <u>Choose One:</u> Hamburger <u>or</u> Cheeseburger Chicken & Broccoli Penne Alfredo w/ Breadstick Fruit & Yogurt Plate Bologna & Cheese Sandwich <u>Choose:</u> Sliced Carrots Fresh Veggie Dippers</p>	<p>26 Breakfast Sandwich(Egg/Ham/Chs) **School Favorites Day** <i>Students Choose the Hot Entrees & Veggies!</i> Entrée Salad: <i>Farmers or Apple-a-Day</i> Sandwich: <i>Jamwich Kit</i> Side Salad: <i>Romaine</i></p>	<p>27 Chicken Biscuit <u>Choose One:</u> Chicken Tender Basket w/ <i>Crinkle Oven Fries</i> Macaroni & Cheese Yogurt & Fruit Parfait Ham & Cheese Croissant <u>Choose:</u> Sliced Cucumbers Spinach <u>or</u> Collard Greens</p>	<p>28 Sunshine Omelet Wrap <u>Choose One:</u> Beef <u>or</u> Pork Tacos Max Cheese Sticks Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Leafy Green Side Salad</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.