

NOVEMBER Satellite Breakfast 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.

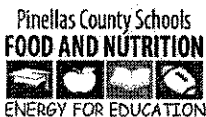
DAILY LUNCH CHOICES:

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
<p>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.</p>				
1 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	2 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	3 Yogurt Cup & Cereal Bar Variety with 100% Juice & Cupped Fruit Milk Choice	4 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	5 Muffin Variety & String Cheese with 100% Juice & Cupped Fruit Milk Choice
8 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	9 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	10 Yogurt Cup & Pop Tart Variety with 100% Juice & Cupped Fruit Milk Choice	11 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	12 Muffin Variety & String Cheese with 100% Juice & Cupped Fruit Milk Choice
15 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	16 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	17 Peanut Butter Cup & Apple Cinnamon Grahams with 100% Juice & Cupped Fruit Milk Choice	18 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	19 Muffin Variety & String Cheese with 100% Juice & Cupped Fruit Milk Choice
<h2>THANKSGIVING BREAK</h2>				
29 Super Slice Bread with 100% Juice & Cupped Fruit Milk Choice	30 Bowl-Pak Cereal Variety & Graham Crackers with 100% Juice & Fresh Fruit Milk Choice	<p>For Menu & Nutrition Information or to download the app on your device! Visit nutrislice.com</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.