SEPTEMBER

Pinellas County EL to K-12 School 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:

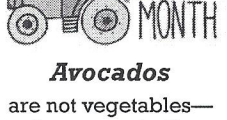
Choose 1: Entrée.

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.

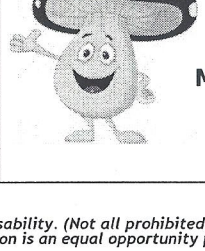
Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

Fun Facts!



Avocados

are not vegetables—they are actually single-seeded berries ... avocadoes have the highest protein content of any fruit ... avocadoes are double the potassium and fiber of bananas ... in Mexico, avocadoes are called "alligator pears"!

Monday	Tuesday	Wednesday	Thursday	Friday
	3 Cheesy Bread Marinara Cup Deli Roasted Potatoes Romaine Side Salad Fresh Fruit Choice of Milk	**4** Asian Beef & Broccoli Lo Mein Steamed Broccoli Florets Sliced Cucumbers 100% Fruit Juice Choice of Milk	**5** Chicken Sandwich Battered Sweet Potato Fries Mixed Side Salad Fresh Fruit Choice of Milk	**6** Pizza Variety Corn Niblets Fresh Carrots w/ Dip Cupped Fruit Choice of Milk
9 Cheeseburger or Hamburger Tater Tots Fresh Veggie Dippers Cupped Fruit Choice of Milk	**10** Beef *or* Pork Tacos Refried Fiesta Beans Romaine Side Salad Fresh Fruit Choice of Milk	**11** Mandarin Orange Chicken Bowl Steamed Broccoli Florets Sliced Cucumbers 100% Fruit Juice Choice of Milk	**12** **Student Choice Menu** ***Students choose the hot entrees & vegetable options!*** Mixed Side Salad Fresh Fruit Choice of Milk	**13** Pizza Variety Mixed Vegetables Fresh Carrots w/ Dip Cupped Fruit Choice of Milk
16 Chicken Tender Basket *w/* Crispy Fries & Roll Green Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk	**17** Grilled Cheese Battered Sweet Potato Fries Romaine Side Salad Fresh Fruit Choice of Milk	**18** Chicken Fajita Cheez-It Bowl Spinach *or* Collard Greens Sliced Cucumbers 100% Fruit Juice Choice of Milk	**19** Corn Dog or Hot Dog Country Baked Beans Mixed Side Salad Fresh Fruit Choice of Milk	**20** Pizza Variety Green Peas Fresh Carrots w/ Dip Cupped Fruit Choice of Milk
23 Chicken Nuggets & Pretzel Rod Country Baked Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk	**24** Cheesy Bread Marinara Cup Deli Roasted Potatoes Romaine Side Salad Fresh Fruit Choice of Milk	**25** Asian Beef & Broccoli Lo Mein Steamed Broccoli Florets Sliced Cucumbers 100% Fruit Juice Choice of Milk	**26** Chicken Sandwich Battered Sweet Potato Fries Mixed Side Salad Fresh Fruit Choice of Milk	**27** Pizza Variety Corn Niblets Fresh Carrots w/ Dip Cupped Fruit Choice of Milk
30 Cheeseburger or Hamburger Tater Tots Fresh Veggie Dippers Cupped Fruit Choice of Milk	**Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!** nutrislice	Follow us! @mypcs #pinallasschfood	***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!***	 **September is National Mushroom Month!**

8/21/2019

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