

For Menu & Nutrition

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MealViewer

**Choose One:** 

**Grilled Cheese** 

**Grilled Ham & Cheese** 

Cherry Blossom Chicken w/

Lo Mein & Fortune Cookie

~OR~ Entrée Salad

~OR~ Cold Sandwich

**Choose:** Tomato Soup

Farmstand Veggie Dippers

Choose:

Farmstand Veggie Dippers

**Choose One:** 

Penne Pasta & Meat Sauce

w/ Garlic Bread

Manager's Choice

Choose:

Sweet Potato Fries

Farmstand Veggie Dippers

12

19

# High School Lunch Menu

1

## **Pinellas County Schools FOOD AND NUTRITION** ENERGY FOR EDUCATION

Celebrate School

Lunch Hero Day on May 2nd! Join schools nationwide in honoring the amazing heroes who make every child's day special in your café!



# Choose 1:

## Must Choose

Variety of Fruits & Juices (may choose up to 2

Low Fat White, Fat Free Chocolate, Fat Free Strawberry or Fat Free Skim

### **Monday Tuesday**

## 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!

**Choose One:** 

Max Snax Cheese Quesadilla

Chicken Cheese Quesadilla

Meat Lovers Stromboli

~OR~ Entrée Salad

~OR~ Cold Sandwich

Choose: Green Beans

Marinara Sauce Cup • Salsa Cup

Sliced Cucumbers



Wednesday

**Choose One:** Cheesy Bread Popcorn Chicken Bowl w/ Biscuit ~OR~ Entrée Salad

~OR~ Cold Sandwich Choose:

Mashed Potato & Gravy Corn Niblets • Marinara Sauce Cup



8 Choose One: Pizza Variety Chicken & Veg Dumplings w/ Chicken Stir-Fried Rice ~OR~ Entrée Salad

**Thursday** 

Choose One:

Pizza Variety

Crispy Chicken Sandwich

Spicy Chicken Sandwich

~OR~ Entrée Salad

~OR~ Cold Sandwich

Choose:

Deli Roasted Potatoes

Romaine Side Salad

~OR~ Cold Sandwich Choose: Broccoli Florets

Romaine Side Salad

**Choose One: Brunch for Lunch** Alaskan Fish Sticks & Tater Tots Basket w/ Goldfish Pretzels ~OR~ Entrée Salad ~OR~ Cold Sandwich Choose: Crispy Tator Tots

**Friday** 

Choose One: Hamburger on a Bun Cheeseburger on a Bun Baja Fish Tacos w/Tortillas

~OR~ Entrée Salad ~OR~ Cold Sandwich Choose:

Country Baked Beans Carrot Dippers Side Salad

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Choose One: Chicken Penne Alfredo w/ **Garlic Bread** Manager's Choice **Choose:** 

# **Daily Lunch Choices**

Meat / Meatless Entrée, Entrée Salads, Cold Sandwiches

## at least 1:

Hot & Cold Vegetables servings each of fruits & veggies with their meal)

## May Choose 1 Milk:

13

**Choose One: Choose One: BBQ Pork & Cheese Nachos Chicken Tenders & Waffles** Manager's Choice Manager's Choice Choose: Corn Niblets

Santa Fe Black Beans Marinara Sauce Cup • Salsa Cup Sliced Cucumber Salad

**Choose One:** 

Beef or Pork Tacos

Manager's Choice

**Choose:** Refried Fiesta Beans

Marinara Sauce Cup

Triple Berry Blast Veg. Juice

Students May Only Choose One Juice: Triple Berry Blast or Tropical Fruit

14

**Choose One:** Teriyaki Beef Dippers w/ Rice & **Fortune Cookie** Manager's Choice

Choose: Crinkle Crispy Fries House Mixed Side Salad

15

Choose One: Pizza Variety Manager's Choice **Choose:** Green Beans Romaine Side Salad

Broccoli • Carrot Dippers

### 21 **Choose One:**

Tangerine Chicken w/ Rice & Fortune Cookie Manager's Choice Choose:

Broccoli Florets House Mixed Side Salad 22

Choose One: **Crispy Chicken Sandwich** Spicy Chicken Sandwich Manager's Choice Choose:

Deli Roasted Potatoes Romaine Side Salad

23

Choose One: **Brunch for Lunch** Manager's Choice Choose:

Crispy Tator Tots Carrot Dippers Side Salad

### 26 Schools Closed



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20

**Choose One:** Max Snax Cheese Quesadilla Chicken Cheese Quesadilla Manager's Choice

Choose: Green Beans Marinara Sauce Cup 

Salsa Cup Sliced Cucumbers

28

**Choose One:** Popcorn Chicken Bowl w/ Biscuit Manager's Choice Choose:

Mashed Potato & Gravv Corn Niblets . Marinara Sauce Cup

29 LAST DAY OF SCHOOL 30

Choose One: Pizza Variety Manager's Choice Choose:

Broccoli Florets Romaine Side Salad



- PCS Food & Nutrition

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