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# Middle Lunch Menu

# **Pinellas County Schools FOOD AND NUTRITION**

## Calabrata/

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



## **Daily Lunch Choices** Choose 1:

Meat / Meatless Entrée, Entrée Salads, **Cold Sandwiches** 

#### Must Choose at least 1:

Variety of Fruits & Juices (may choose up to 2 servings each of fruits & veggies with their meal)

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!



Wednesday

## **Thursday**

**Choose One:** Pizza Variety Crispy Chicken Sandwich Spicy Chicken Sandwich ~OR~ Entrée Salad ~OR~ Cold Sandwich Choose:

Deli Roasted Potato Romaine Side Salad

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

**Friday** 

Crispy Tator Tots Carrot Dippers Side Salad

#### 5 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 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 Cucumber Side Salad

**Choose One: Cheesy Bread** Popcorn Chicken Bowl w/ Biscuit

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

Mashed Potato & Gravy Corn Niblets \* Marinara Sauce Cup

Choose One: Pizza Variety Chicken & Veg Dumplings w/ Chicken Stir-Fried Rice

8

15

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

Broccoli Florets Romaine Side Salad

**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

Hot & Cold Vegetables

### May Choose 1 Milk:

### 12 Choose One:

**Chicken Tenders & Waffles** Manager's Choice Choose:

Corn Niblets Farmstand Veggie Dippers

Choose One: **BBQ Pork & Cheese Nachos** Manager's Choice Choose:

Santa Fe Black Beans Marinara Sauce Cup 

Salsa Cup Sliced Cucumber Side Salad

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

Choose: Crinkle Crispy Fries House Mixed Side Salad

Choose One: Pizza Variety Manager's Choice

**Choose:** Green Beans Romaine Side Salad 16

23

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

Broccoli Florets **Carrot Dippers** 

19

**Choose One:** Penne Pasta & Meat Sauce w/ Garlic Bread Manager's Choice Choose:

Sweet Potato Fries Farmstand Veggie Dippers 20

13

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

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 Potato Romaine Side Salad

**Choose One: Brunch for Lunch** 

Manager's Choice Choose: Crispy Tator Tots

Carrot Dippers Side Salad

26

**Schools Closed** 

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

Choose: Green Beans Marinara Sauce Cup ● Salsa Cup Sliced Cucumber Side Salad

28

**Choose One:** Popcorn Chicken Bowl 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



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