





April 2010		Pinellas County Elementary School Menu		
Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Health Tip of The Month:</b> Drink 6-8 glasses of water daily</p>		<p><u>Daily Breakfast Choice:</u> Choice of Cereal &amp; Toast, Fruit (Fresh, Canned <u>or</u> Juice) and Milk served daily. *Indicates Breakfast Entrée for Grab and Go Breakfast Schools.</p> <p><u>Daily Lunch Choice:</u> One (1) Entrée, Two (2) Fruits or Vegetables or One (1) Fruit and One (1) Vegetable, One (1) Bread, One (1) Milk <u>or</u> One (1) Salad Plate Meal, One (1) Fruit or Vegetable, One (1) Bread or Crackers and One (1) Milk</p> <p><u>Available Daily:</u> Meatless Entrée, Entrée Salads, Cold Sandwiches, Low Fat, Skim, Fat Free Vanilla, Chocolate and Strawberry Milk <u>Schools with ½ day schedules may vary menus.</u></p>		<p><i>Find♥ to locate the items that are Hardy Heart's meal pick of the day. Meal Pick includes Low-Fat Milk choice. Menu meal picks contain less than Hardy Heart © 30% of total calories from fat when followed over a week's time.</i></p> 
<b>5 Breakfast Turnover</b>	<b>6 Egg Patty/ Sausage Link / Toast</b>	<b>7 Breakfast Burrito</b>	<b>8 Belgian Waffle Sticks</b>	<b>9 Yogurt or * Sausage Biscuit</b>
<p><u>Choose 1:</u> Chicken Nuggets, ♥ Pasta w/ Marinara <u>Choose 2:</u> ♥ Leafy Green Salad, broccoli Normandy Assorted ♥ Fruit &amp; Juice <u>Choose 1:</u> ♥ Garlic Roll</p>	<p><u>Choose 1:</u> ♥ Meatball Sub, Corndog Meatless Entrée Choice <u>Choose 2:</u> ♥ Romaine Salad, Deli Rstd Potatoes ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> Whole Wheat Roll ♥ Dessert</p>	<p><u>Choose 1:</u> Asian Chicken, Ribeque ♥ Farmer's Salad <u>Choose 2:</u> Oriental Veggies, Lettuce &amp; Tomato Salad ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> ♥ Whole Wheat Roll</p>	<p><u>Choose 1:</u> Sloppy Joe, ♥ Max Sticks W/ Marinara <u>Choose 2:</u> Fresh Veggies w/Dip, ♥ Mixed Veggies, Assorted Fruit &amp; ♥ Juice <u>Choose 1:</u> Whole Wheat Roll ♥ Dessert</p>	<p><u>Choose 1:</u> Pizza Variety ♥ Fish Sticks <u>Choose 2:</u> Tossed Salad ♥ Green Beans ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> ♥ Bread Basket</p>
<b>12 Frittata Sausage &amp; Cheese</b>	<b>13 Pancake Sausage Sandwich</b>	<b>14 Breakfast Pizza Pocket</b>	<b>15 Chicken on a Biscuit</b>	<b>16 Cinnamon Roll</b>
<p><u>Choose 1:</u> ♥ Popcorn Chicken Baked Potato W/ Cheese <u>Choose 2:</u> Leafy Green Salad ♥ Broccoli ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> ♥ Biscuit</p>	<p><u>Choose 1:</u> ♥ Taco/Taco Salad, Honey BBQ Nuggets, Yogurt Parfait <u>Choose 2:</u> ♥ Lettuce &amp; Tomato Salad Corn, ♥ Refried Beans Assorted Fruit &amp; Juice <u>Choose 1:</u> Whole Wheat Roll</p>	<p><b>Student Involvement Day</b></p> <p><u>Menu to be chosen by a group of students at each individual school</u></p>	<p><u>Choose 1:</u> Breaded Chicken, Mac &amp; Beef <u>or</u> ♥ Spaghetti w/ Meat Sauce, Farmer's Salad <u>Choose 2:</u> Sweet Potatoes ♥ Romaine Salad Assorted Fruit &amp; ♥ Juice <u>Choose 1:</u> ♥ Whole Wheat Bread ♥ Raisins</p>	<p><u>Choose 1:</u> ♥ Pizza Variety Fish Sandwich <u>Choose 2:</u> ♥ Tossed Salad Steamed Carrots ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> Bread Basket</p>
<b>19 Honey Bun</b>	<b>20 Ham &amp; Egg on English Muffin</b>	<b>21 Cheese Grits &amp; Sausage or* Sausage &amp; Biscuit Sandwich</b>	<b>22 Pancakes w/ Maple Bites</b>	<b>23 Breakfast Yogurt Parfait</b>
<p><u>Choose 1:</u> Chicken Patty on a Bun ♥ Yogurt &amp; Fruit Plate <u>Choose 2:</u> Oven Fries ♥ Leafy Green Salad Fruit-Fresh/Canned/ Juice <u>Choose 1:</u> ♥ WW Pretzel Rod</p>	<p><u>Choose 1:</u> ♥ Roasted Chicken, Mac &amp; Cheese <u>Choose 2:</u> ♥ Mashed Potatoes, Romaine Salad ♥ Mixed Veggies, Assorted Fruit &amp; Juice <u>Choose 1:</u> Whole Wheat Bread ♥ Dessert</p>	<p><u>Choose 1:</u> ♥ Potato Turbate, Hot Dog, Farmers Salad <u>Choose 2:</u> ♥ Green Peas, Coleslaw, Baked Beans ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> ♥ Whole Wheat Roll</p>	<p><u>Choose 1:</u> Cuban Pork, ♥ Grilled Cheese <u>Choose 2:</u> Fresh Veggies w/Dip, ♥ Tomato Soup ♥ Sweet Potato Wedges, Assorted Fruit &amp; Juice <u>Choose 1:</u> Crackers ♥ Dessert</p>	<p><u>Choose 1:</u> Pizza Variety ♥ Fish Sticks <u>Choose 2:</u> ♥ Tossed Salad Broccoli Normandy ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> ♥ Bread Basket</p>
<b>26 Two Egg Omelet</b>	<b>27 Max Stick</b>	<b>28 Breakfast Pizza</b>	<b>29 Chicken on a Biscuit</b>	<b>30 Cheese Toast Sandwich</b>
<p><u>Choose 1:</u> ♥ Beef Dippers Lasagna Roll-up <u>Choose 2:</u> ♥ Leafy Green Salad Broccoli ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> Roll/ ♥ Rice</p>	<p><u>Choose 1:</u> ♥ Hot Turkey &amp; Gravy, Pork Choppette or Veggie Burger <u>Choose 2:</u> Romaine Salad, ♥ Mashed Potatoes, Seasoned Greens ♥ Asst Fruit &amp; Juice <u>Choose 1:</u> Whole Wheat Roll ♥ Dessert</p>	<p><u>Choose 1:</u> Hamburger/♥ Cheeseburger Bean Burrito <u>Choose 2:</u> Lettuce &amp; Tomato Salad, ♥ Tator Tots, ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> Whole Wheat Roll</p>	<p><u>Choose 1:</u> ♥ Breakfast for Lunch, Chalupa, Farmer's Salad <u>Choose 2:</u> Fresh Veggies w/Dip Green Beans, ♥ Assorted Fruit &amp; ♥ Juice <u>Choose 1:</u> Whole Wheat Roll ♥ Raisins</p>	<p><u>Choose 1:</u> ♥ Pizza Variety Fish Sandwich <u>Choose 2:</u> ♥ Tossed Salad Corn Cobettes ♥ Assorted Fruit &amp; Juice <u>Choose 1:</u> Bread Basket</p>

MAY 2010		Pinellas County Elementary School Menu		
Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Diabetes Detectives:</b> Eat Carbohydrates like fruits, vegetables &amp; whole grains that Are high in fiber</p>	<p><b>Daily Breakfast Choice:</b> Choice of Cereal &amp; Toast, Fruit (Fresh, Canned <u>or</u> Juice) and Milk served daily. *Indicates Breakfast Entrée for Grab and Go Breakfast Schools.</p> <p><b>Daily Lunch Choice:</b> One (1) Entrée, Two (2) Fruits or Vegetables or One (1) Fruit and One (1) Vegetable, One (1) Bread, One (1) Milk <u>or</u> One (1) Salad Plate Meal, One (1) Fruit or Vegetable, One (1) Bread or Crackers and One (1) Milk</p> <p><b>Available Daily:</b> Meatless Entrée, Entrée Salads, Cold Sandwiches, Low Fat, Skim, Fat Free Vanilla, Chocolate and Strawberry Milk <u>Schools with ½ day schedules may vary menus.</u></p>			<p><i>Find♥ to locate the items that are Hardy Heart's meal pick of the day. Meal Pick includes Low-Fat Milk choice. Menu meal picks contain less than Hardy Heart © 30% of total calories from fat when followed over a week's time.</i></p> 
<b>3 Breakfast Turnover</b>	<b>4 Egg Patty/ Sausage Link / Toast</b>	<b>5 Breakfast Burrito</b>	<b>6 Belgian Waffle Sticks</b>	<b>7</b>
<p><b>Choose 1:</b> Chicken Nuggets, ♥ Pasta w/ Marinara <b>Choose 2:</b> ♥ Leafy Green Salad, broccoli Normandy Assorted ♥ Fruit &amp; Juice <b>Choose 1:</b> ♥ Garlic Roll</p>	<p><b>Choose 1:</b> ♥ Meatball Sub, Corndog Meatless Entrée Choice <b>Choose 2:</b> ♥ Romaine Salad, Deli Rstd Potatoes ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll ♥ Dessert</p>	<p><b>Choose 1:</b> Asian Chicken, Ribeque ♥ Farmer's Salad <b>Choose 2:</b> Oriental Veggies, Lettuce &amp; Tomato Salad ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Whole Wheat Roll</p>	<p><b>Choose 1:</b> Sloppy Joe, ♥ Max Sticks W/ Marinara <b>Choose 2:</b> Fresh Veggies w/Dip, ♥ Mixed Veggies, Assorted Fruit &amp; ♥ Juice <b>Choose 1:</b> Whole Wheat Roll ♥ Dessert</p>	<b>Pro-Ed Day No School</b>
<b>10 Frittata Sausage &amp; Cheese</b>	<b>11 Pancake Sausage Sandwich</b>	<b>12 Breakfast Pizza Pocket</b>	<b>13 Chicken on a Biscuit</b>	<b>14 Cinnamon Roll</b>
<p><b>Choose 1:</b> ♥ Popcorn Chicken Baked Potato W/ Cheese <b>Choose 2:</b> Leafy Green Salad ♥ Broccoli ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Biscuit</p>	<p><b>Choose 1:</b> ♥ Taco/Taco Salad, Corndog Nuggets, Yogurt Parfait <b>Choose 2:</b> ♥ Lettuce &amp; Tomato Salad Corn, ♥ Refried Beans Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll</p>	<p><b>Student Involvement Day</b></p> <p><u>Menu to be chosen by a group of students at each individual school</u></p>	<p><b>Choose 1:</b> Breaded Chicken, Mac &amp; Beef <u>or</u> ♥ Spaghetti w/ Meat Sauce, Farmer's Salad <b>Choose 2:</b> Sweet Potatoes ♥ Romaine Salad Assorted Fruit &amp; ♥ Juice <b>Choose 1:</b> ♥ Whole Wheat Bread ♥ Raisins</p>	<p><b>Choose 1:</b> ♥ Pizza Variety Fish Sandwich <b>Choose 2:</b> ♥ Tossed Salad Steamed Carrots ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Bread Basket</p>
<b>17 Honey Bun</b>	<b>18 Ham &amp; Egg on English Muffin</b>	<b>19 Cheese Grits &amp; Sausage or* Sausage &amp; Biscuit Sandwich</b>	<b>20 Pancakes w/ Maple Bites</b>	<b>21 Breakfast Yogurt Parfait</b>
<p><b>Choose 1:</b> Chicken Patty on a Bun ♥ Yogurt &amp; Fruit Plate <b>Choose 2:</b> Oven Fries ♥ Leafy Green Salad Fruit-Fresh/Canned/ Juice <b>Choose 1:</b> ♥ WW Pretzel Rod</p>	<p><b>Choose 1:</b> ♥ Roasted Chicken, Mac &amp; Cheese <b>Choose 2:</b> ♥ Mashed Potatoes, Romaine Salad ♥ Mixed Veggies, Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Bread ♥ Dessert</p>	<p><b>Choose 1:</b> ♥ Potato Turbate, Hot Dog, Farmers Salad <b>Choose 2:</b> ♥ Green Peas, Coleslaw, Baked Beans ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Whole Wheat Roll</p>	<p><b>Choose 1:</b> Cuban Pork, ♥ Grilled Cheese <b>Choose 2:</b> Fresh Veggies w/Dip, ♥ Tomato Soup ♥ Sweet Potato Wedges, Assorted Fruit &amp; Juice <b>Choose 1:</b> Crackers ♥ Dessert</p>	<p><b>Choose 1:</b> Pizza Variety ♥ Fish Sticks <b>Choose 2:</b> ♥ Tossed Salad Broccoli Normandy ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Bread Basket</p>
<b>24 Two Egg Omelet</b>	<b>25 Max Stick</b>	<b>26 Breakfast Pizza</b>	<b>27 Chicken on a Biscuit</b>	<b>28 Cheese Toast Sandwich</b>
<p><b>Choose 1:</b> ♥ Beef Dippers Lasagna Roll-up <b>Choose 2:</b> ♥ Leafy Green Salad Broccoli ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Roll/ ♥ Rice</p>	<p><b>Choose 1:</b> ♥ Hot Turkey &amp; Gravy, Pork Choppette or Veggie Burger <b>Choose 2:</b> Romaine Salad, ♥ Mashed Potatoes, Seasoned Greens ♥ Asst Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll ♥ Dessert</p>	<p><b>Choose 1:</b> Hamburger/♥ Cheeseburger Bean Burrito <b>Choose 2:</b> Lettuce &amp; Tomato Salad, ♥ Tator Tots, ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll</p>	<p><b>Choose 1:</b> ♥ Breakfast for Lunch, Chalupa, Farmer's Salad <b>Choose 2:</b> Fresh Veggies w/Dip Green Beans, ♥ Assorted Fruit &amp; ♥ Juice <b>Choose 1:</b> Whole Wheat Roll ♥ Raisins</p>	<p><b>Choose 1:</b> ♥ Pizza Variety Fish Sandwich <b>Choose 2:</b> ♥ Tossed Salad Corn Cobettes ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Bread Basket</p>