

# JANUARY 2010

## MONDAY



## TUESDAY

# PINELLAS COUNTY ELEMENTARY SCHOOL MENU

## WEDNESDAY



## THURSDAY

## FRIDAY

	<p><b>Health Tip of the Month:</b></p> <p>Begin a Year of Exercise!</p> <p>To be in top running condition your body needs at least 30-60 minutes of physical activity daily.</p>	<p><b>Daily Breakfast Choice:</b> Choice of Cereal &amp; Toast, Fresh <u>or</u> Canned Fruit <u>or</u> Fruit 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 <u>Available Daily:</u> Meatless Entrée, Chef Salads, Cold Sandwiches, Low Fat, Skim and ½% Chocolate Milk <u>Schools with ½ day schedules may vary menus.</u></p>		
<p><b>4</b> Breakfast Turnover</p>	<p><b>5</b> Egg Patty/ Sausage Link/ Toast</p>	<p><b>6</b> Breakfast Burrito</p>	<p><b>7</b> Belgian Waffle Sticks</p>	<p><b>8</b> Yogurt <u>or</u> Sausage Biscuit</p>
<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 Manager's Choice Meatless Entree <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, Ribeye ♥Farmer's Salad <b>Choose 2:</b> Oriental Veggies, Lett &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>	<p><b>Choose 1:</b> Pizza Variety ♥ Fish Sticks <b>Choose 2:</b> Tossed Salad ♥Green Beans ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Bread Basket</p>
<p><b>11</b> Frittata Sausage &amp; Cheese</p>	<p><b>12</b> Pancake Sausage Sandwich</p>	<p><b>13</b> Breakfast Pizza Pocket</p>	<p><b>14</b> Chicken on a Biscuit</p>	<p><b>15</b> Cinnamon Roll</p>
<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, Honey BBQ 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 Dessert</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> ♥Spag 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>
<p><b>18</b> No School Holiday</p> 	<p><b>19</b> Ham &amp; Egg on English Muffin</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>20</b> Cheese Grits &amp; Sausage Patty *Sausage Biscuit Sandwich</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>21</b> Pancakes W/ Maple Bits</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>22</b> Pro- Ed No School</p>
<p><b>25</b> Two Egg Omelet</p>	<p><b>26</b> Max Stick</p>	<p><b>27</b> Breakfast Pizza * Egg &amp; Cheese Biscuit</p>	<p><b>28</b> Chicken &amp; Biscuit</p>	<p><b>29</b> Cheese Toast Sandwich</p>
<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>

# February 2010

# Pinellas County Elementary School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 <p><b>Health Tip of the Month</b> Focus on making choices that are healthy for your heart by choosing low-fat foods</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>1 Breakfast Turnover</b>	<b>2 Egg Patty/ Sausage Link / Toast</b>	<b>3 Breakfast Burrito</b>	<b>4 Belgian Waffle Sticks</b>	<b>5 Yogurt or * Sausage Biscuit</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, Ribeye ♥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>	<p><b>Choose 1:</b> Pizza Variety ♥ Fish Sticks <b>Choose 2:</b> Tossed Salad ♥Green Beans ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Bread Basket</p>
<b>8 Frittata Sausage &amp; Cheese</b>	<b>9 Pancake Sausage Sandwich</b>	<b>10 Breakfast Pizza Pocket</b>	<b>11 Chicken on a Biscuit</b>	<b>12 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, Honey BBQ 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>15 No School Pro-Ed Day</b>	<b>16 Ham &amp; Egg on English Muffin</b>	<b>17 Cheese Grits &amp; Sausage or*Sausage &amp; Biscuit Sandwich</b>	<b>18 Pancakes w/ Maple Bites</b>	<b>19 Breakfast Yogurt Parfait</b>
	<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>22 Two Egg Omelet</b>	<b>23 Max Stick</b>	<b>24 Breakfast Pizza</b>	<b>25 Chicken on a Biscuit</b>	<b>26 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 ♥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>