

# APRIL 2009 MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY

# PINELLAS COUNTY ELEMENTARY SCHOOL MENU

<p><b>Health Tip of The Month:</b> Drink 6-8 glasses of water 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, Entrée Salads, Cold Sandwiches, Fat Free – White, Chocolate &amp; Strawberry Milk. <u>Schools with ½ day schedules may vary menus.</u></p>			
<p><b>6</b> Two Egg Omelet or * Breakfast Bar</p>	<p><b>7</b> Pancake Sausage Sandwich</p>	<p><b>8</b> Breakfast Pizza Pocket</p>	<p><b>9</b> Chicken on a Biscuit</p>	<p><b>10</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, MaxSticks W/Sauce <b>Choose 2:</b> Lettuce &amp; Tomato Salad Corn, ♥ Refried Beans ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll <b>Dessert</b></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> ♥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>13</b> Honey Bun</p>	<p><b>14</b> Ham &amp; Egg on English Muffin</p>	<p><b>15</b> Cheese Grits/Sausage * Sausage Biscuit</p>	<p><b>16</b> Turkey Ham &amp; Cheese Stuffed Biscuit</p>	<p><b>17</b> Tastries</p>	
<p><b>Choose 1:</b> Chicken Patty Sandwich ♥Yogurt Fruit Plate <b>Choose 2:</b> ♥Leafy Green Salad Oven Fries ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll</p>	<p><b>Choose 1:</b> Hot Turkey Sandwich, ♥ Mac &amp; Cheese <b>Choose 2:</b> Mashed Potatoes, ♥Romaine Salad Mixed Veggies, ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Bread <b>Dessert</b></p>	<p><b>Choose 1:</b> ♥Asian Chicken Chalupa <b>Choose 2:</b> Lettuce &amp; Tomato Salad ♥Oriental Vegetables, ♥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> Broccoli, ♥Tomato Soup, ♥Veggies W/ Dip Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥Crackers <b>Dessert</b></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>	
<p><b>20</b> Peanut Butter Grahamwich or Toaster Pastry</p>	<p><b>21</b> Max Stick</p>	<p><b>22</b> Breakfast Pizza * Egg &amp; Cheese Biscuit</p>	<p><b>23</b> Breakfast Turnover</p>	<p><b>24</b> Cheese Toast</p>	
<p><b>Choose 1:</b> ♥Beef Dipper 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> ♥Roasted Chicken, Pork Choppette on Bun, Veggie Burger <b>Choose 2:</b> ♥Romaine Salad, Mashed Potatoes Seasoned Greens Assorted ♥Fruit &amp; Juice <b>Choose 1:</b> Biscuit ♥ 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, Ribeque on Bun, Farmer's Salad <b>Choose 2:</b> ♥Fresh Veggies w/Dip Green Beans, ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll <b>Dessert</b></p>	<p><b>Choose 1:</b> ♥ Pizza Variety ♥Fish Sandwich <b>Choose 2:</b> ♥Tossed Salad Seasoned Corn Assorted ♥Fruit &amp; Juice <b>Choose 1:</b> Bread Basket</p>	
<p><b>27</b> Honey Bun</p>	<p><b>28</b> Egg Patty/ Sausage Link/ Toast</p>	<p><b>29</b> Breakfast Burrito</p>	<p><b>30</b> Belgian Waffle Sticks</p>	<p>April 20-24<sup>th</sup> Donate Your Spare Change for World Hunger</p> 	
<p><b>Choose 1:</b> Chicken Nuggets, ♥Honey BBQ 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, Mexican or Tuna Lunchable <b>Choose 2:</b> ♥Romaine Salad, ♥Deli Rstd Potatoes ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll <b>Dessert</b></p>	<p><b>Choose 1:</b> Potato Turbate, Corndog <u>or</u> Hot Dog, ♥Farmer's Salad <b>Choose 2:</b> Coleslaw, Baked Beans, Green Peas ♥Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥Whole Wheat Roll</p>	<p><b>Choose 1:</b> Sloppy Joe, Pizza Pocket, ♥Yogurt Parfait <b>Choose 2:</b> ♥Fresh Veggies w/Dip, Mixed Veggies, Assorted Fruit &amp; ♥ Juice <b>Choose 1:</b> ♥ Whole Wheat Roll <b>Dessert</b></p>		

In accordance with Federal Law and U.S. Department of Agriculture policy, Pinellas County School Food Service is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. (Not all prohibited bases apply to all programs.) To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400 Independence Ave., SW., Washington D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.

# MAY 2009 MONDAY

# TUESDAY

# WEDNESDAY

# THURSDAY

# FRIDAY


# PINELLAS COUNTY ELEMENTARY SCHOOL MENU



**Daily Breakfast Choice:**  
Choice of Cereal & Toast, Fresh or Canned Fruit or Fruit Juice and Milk served daily.  
\*Indicates Breakfast Entrée for Grab and Go Breakfast Schools.

**Daily Lunch Choice:**  
One (1) Entrée, Two (2) Fruits or Vegetables or One (1) Fruit and One(1) Vegetable, One (1) Bread, One (1) Milk or One (1) Salad Plate Meal, One (1) Fruit or Vegetable, One (1) Bread or Crackers and One (1) Milk  
**Available Daily:** Meatless Entrée, Entrée Salads, Cold Sandwiches, Fat Free – White, Chocolate & Strawberry Milk. Schools with ½ day schedules may vary menus.

**1** Cinnamon Biscuit or Yogurt  
**Choose 1:**  
♥ Pizza Variety  
Fish Sticks  
**Choose 2:**  
♥ Tossed Salad  
Green Beans  
♥ Assorted Fruit & Juice  
**Choose 1:** Bread Basket

<p><b>4</b> Two Egg Omelet or * Breakfast Bar <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>5</b> Pancake Sausage Sandwich <b>Choose 1:</b> ♥ Taco/Taco Salad, MaxSticks W/Sauce <b>Choose 2:</b> Lettuce &amp; Tomato Salad Corn, ♥ Refried Beans ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll <b>Dessert</b></p>	<p><b>6</b> Breakfast Pizza Pocket <b>Student Involvement Day</b> <b>Menu to be chosen by a group of students at each individual school</b></p>	<p><b>7</b> Chicken on a Biscuit <b>Choose 1:</b> Breaded Chicken, Mac &amp; Beef or ♥ 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 <b>♥ Dessert</b></p>	<p><b>8</b> Cinnamon Roll <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>11</b> Honey Bun <b>Choose 1:</b> Chicken Patty Sandwich ♥ Yogurt Fruit Plate <b>Choose 2:</b> ♥ Leafy Green Salad Oven Fries ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll</p>	<p><b>12</b> Ham &amp; Egg on English Muffin <b>Choose 1:</b> Hot Turkey Sandwich, ♥ Mac &amp; Cheese <b>Choose 2:</b> Mashed Potatoes, ♥ Romaine Salad Mixed Veggies, ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Bread <b>♥ Dessert</b></p>	<p><b>13</b> Cheese Grits/Sausage * Sausage Biscuit <b>Choose 1:</b> ♥ Asian Chicken Chalupa <b>Choose 2:</b> Lettuce &amp; Tomato Salad ♥ Oriental Vegetables, ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Whole Wheat Roll</p>	<p><b>14</b> Turkey Ham &amp; Cheese Stuffed Biscuit <b>Choose 1:</b> Cuban Pork, ♥ Grilled Cheese <b>Choose 2:</b> Sweet Potato Cuts, ♥ Tomato Soup, ♥ Veggies W/ Dip Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Crackers <b>♥ Dessert</b></p>	<p><b>15</b> Tastries <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>
<p><b>18</b> Peanut Butter Grahamwich or Toaster Pastry <b>Choose 1:</b> ♥ Beef Dipper Lasagna Roll-up <b>Choose 2:</b> ♥ Leafy Green Salad Broccoli ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Roll/ ♥ Rice</p>	<p><b>19</b> Max Stick <b>Choose 1:</b> ♥ Roasted Chicken, Pork Choppette on Bun, Veggie Burger <b>Choose 2:</b> ♥ Romaine Salad, Mashed Potatoes Seasoned Greens Assorted ♥ Fruit &amp; Juice <b>Choose 1:</b> Biscuit ♥ Dessert</p>	<p><b>Breakfast Pizza * Egg &amp; Cheese Biscuit</b> <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>21</b> Breakfast Turnover <b>Choose 1:</b> ♥ Breakfast for Lunch, Ribeque on Bun, Farmer's Salad <b>Choose 2:</b> ♥ Fresh Veggies w/Dip Green Beans, ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll <b>♥ Dessert</b></p>	<p><b>22</b> Cheese Toast <b>Choose 1:</b> ♥ Pizza Variety ♥ Fish Sandwich <b>Choose 2:</b> ♥ Tossed Salad Seasoned Corn Assorted ♥ Fruit &amp; Juice <b>Choose 1:</b> Bread Basket</p>
<p>Memorial Day No School </p>	<p><b>26</b> Egg Patty/ Sausage Link/ Toast <b>Choose 1:</b> ♥ Meatball Sub, Mexican or Tuna Lunchable <b>Choose 2:</b> ♥ Romaine Salad, ♥ Deli Rstd Potatoes ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> Whole Wheat Roll <b>♥ Dessert</b></p>	<p><b>27</b> Breakfast Burrito <b>Choose 1:</b> Potato Turbate, Corndog or Hot Dog, ♥ Farmer's Salad <b>Choose 2:</b> Coleslaw, Baked Beans, Green Peas ♥ Assorted Fruit &amp; Juice <b>Choose 1:</b> ♥ Whole Wheat Roll</p>	<p><b>28</b> Belgian Waffle Sticks <b>Choose 1:</b> Sloppy Joe, Pizza Pocket, ♥ Yogurt Parfait <b>Choose 2:</b> ♥ Fresh Veggies w/Dip, Mixed Veggies, Assorted Fruit &amp; ♥ Juice <b>Choose 1:</b> ♥ Whole Wheat Roll <b>♥ Dessert</b></p>	<p><b>29</b> Cinnamon Biscuit or Yogurt <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>

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