

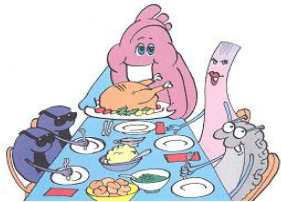


NOVEMBER 2009

MONDAY

PINELLAS COUNTY ELEMENTARY SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Honey Bun <u>Choose 1:</u> Chicken Patty on Bun ♥Yogurt & Fruit Plate Oven Fries ♥Leafy Green Salad Assorted Fruit & Juice <u>Choose 1:</u> ♥Roll/ Rice	3 Ham & Egg on English Muffin <u>Choose 1:</u> ♥Roasted Chicken, Mac & Cheese <u>Choose 2:</u> Mashed Potatoes, ♥Romaine Salad Mixed Veggies, ♥Assorted Fruit & Juice <u>Choose 1:</u> Whole Wheat Bread ♥Dessert	4 Cheese Grits & Sausage Patty *Sausage Biscuit Sandwich <u>Choose 1:</u> ♥Potato Turbate, Hot Dog, Farmers Salad <u>Choose 2:</u> ♥Green Peas, Coleslaw, Baked Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> Whole Wheat Roll	5 Pancakes W/ Maple Bits <u>Choose 1:</u> ♥Cuban Pork, Grilled Cheese <u>Choose 2:</u> Fresh Veggies w/Dip, Tomato Soup ♥Sweet Potato Wedges, ♥Assorted Fruit & Juice <u>Choose 1:</u> Crackers ♥Dessert	6 Breakfast Tastries <u>Choose 1:</u> Cheese, Veggie or Pepperoni Pizza ♥Fish Sticks <u>Choose 2:</u> ♥Tossed Salad Broccoli Normandy Assorted ♥Fruit & Juice <u>Choose 1:</u> Bread Basket
9 Toaster Pastry <u>Choose 1:</u> ♥Beef Dippers Lasagna Roll-up <u>Choose 2:</u> ♥Leafy Green Salad Broccoli ♥ Assorted Fruit & Juice <u>Choose 1:</u> Roll/ ♥ Rice	10 Max Stick <u>Choose 1:</u> ♥Hot Turkey & Gravy, Pork Choppette on Bun or Veggie Burger <u>Choose 2:</u> ♥Romaine Salad, Mashed Potatoes Seasoned Greens ♥ Asst Fruit & Juice <u>Choose 1:</u> Whole Wheat Roll ♥Dessert	11 Breakfast Pizza * Egg & Cheese Biscuit <u>Choose 1:</u> Hamburger/♥Cheeseburger Bean Burrito <u>Choose 2:</u> Lettuce & Tomato Salad, Tator Tots, ♥Assorted Fruit & Juice <u>Choose 1:</u> Whole Wheat Roll	12 Chicken & Biscuit <u>Choose 1:</u> ♥Breakfast for Lunch, Chalupa, Farmer's Salad <u>Choose 2:</u> Fresh Veggies w/Dip Green Beans, ♥Assorted Fruit & Juice <u>Choose 1:</u> Whole Wheat Roll ♥Raisins	13 Cheese Toast Sandwich <u>Choose 1:</u> ♥Pizza Variety Fish Sandwich <u>Choose 2:</u> ♥Tossed Salad Corn Cobettes ♥Assorted Fruit & Juice <u>Choose 1:</u> Bread Basket
16 Breakfast Turnover <u>Choose 1:</u> ♥Chicken Nuggets, Pasta w/ Marinara <u>Choose 2:</u> Leafy Green Salad, ♥ Broccoli Normandy Assorted ♥ Fruit & Juice <u>Choose 1:</u> ♥ Garlic Roll	17 Egg Patty/ Sausage Link/ Toast <u>Choose 1:</u> ♥Meatball Sub, Corn dog <u>Choose 2:</u> ♥Romaine Salad, ♥Deli Rstd Potatoes ♥Assorted Fruit & ♥Juice <u>Choose 1:</u> Whole Wheat Roll ♥Dessert	18 Breakfast Burrito <u>Choose 1:</u> Asian Chicken, Ribequé ♥Farmer's Salad <u>Choose 2:</u> Oriental Veggies, Lett & Tomato Salad ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Whole Wheat Roll	19 Belgian Waffle Sticks <u>Choose 1:</u> ♥Sloppy Joe, Max Sticks W/ Marinara <u>Choose 2:</u> ♥Fresh Veggies w/Dip, Mixed Veggies, Assorted Fruit & ♥ Juice <u>Choose 1:</u> ♥ Whole Wheat Roll ♥Dessert	20 Yogurt <u>or</u> Sausage Biscuit <u>Choose 1:</u> Pizza Variety ♥ Fish Sticks <u>Choose 2:</u> Tossed Salad ♥Green Beans ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥ Bread Basket
30 Frittata Sausage & Cheese <u>Choose 1:</u> Popcorn Chicken ♥Baked Potato W/ Cheese <u>Choose 2:</u> Leafy Green Salad ♥Broccoli ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥Biscuit	School Closed for Thanksgiving Holiday November 23 rd -27 th 	<u>Daily Breakfast Choice:</u> Choice of Cereal & Toast, Fresh <u>or</u> Canned Fruit <u>or</u> Fruit Juice & Milk served daily. *Indicates Breakfast Entrée for Grab & Go Breakfast Schools. <u>Daily Lunch Choice:</u> One (1) Entrée, Two (2) Fruits or Vegetables or One (1) Fruit & 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 & One (1) Milk <u>Available Daily:</u> Meatless Entrée, Entrée Salads, Cold Sandwiches, Low Fat, Skim & ½% Chocolate Milk <u>Schools with ½ day schedules may vary menus.</u>		
	<u>Health Tip of the Month: Keep Food Safe To Eat</u> <ul style="list-style-type: none"> • Clean, wash hands and surfaces often • Separate raw, cooked & ready-to-eat foods while shopping, • preparing or storage • Cook foods to a safe temperature • Refrigerate perishable foods promptly • Check and follow label instructions • Serve safely. Keep hot foods hot & cold foods cold • When in doubt, throw it out 		Thanksgiving Menu Served during week prior to holiday break. Day determined by individual school schedules. <u>Choose 1:</u> ♥Sliced Turkey W/ Gravy/ Dressing Toasted Cheese Sandwich <u>Choose 2:</u> Mashed Potatoes/ ♥Green Beans ♥Glazed Sweet Potatoes/ Tossed Salad ♥Assorted Fruit & Juice <u>Choose 1:</u> ♥ Roll / Dessert	

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.

DECEMBER 2009

MONDAY

TUESDAY

PINELLAS COUNTY ELEMENTARY SCHOOL MENU

WEDNESDAY

THURSDAY

FRIDAY



Health Tip of the Month:

Be Sure Your Portion Size Is OrganWise
Eat foods high in vitamins and minerals,
low in fat and sugar
Balance Food with Physical Activity

Winter Holidays
Schools closed
Dec 21st - Jan 1st

Schools reopen Jan 4th

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 30% of total calories from fat when followed over a week's time.



Hardy Heart ©

Holiday Menu will be served during the week of Dec. 14th -18th. The Day is determined by each school.
Choose 1:
Sliced Turkey W/ Gravy/ Dressing
Toasted Cheese Sandwich
Choose 2:
Mashed Potatoes/ Green Beans
Glazed Sweet Potatoes/ Tossed Salad
Assorted Fruit & Juice
Choose 1: Roll / Dessert

1 Pancake Sausage Sandwich
Choose 1:
Taco/Taco Salad,
♥Honey BBQ Nuggets, Yogurt Parfait
Choose 2:
♥Lettuce & Tomato Salad
Corn, Refried Beans
♥Assorted Fruit & Juice
Choose 1: ♥ Whole Wheat Roll
♥Dessert

2 Breakfast Pizza Pocket
Student Involvement Day
Menu to be chosen by a group of students at each individual school

3 Chicken on a Biscuit
Choose 1:
Breaded Chicken, Mac & Beef or
♥Spag W/ Meat Sauce, Farmer's Salad
Choose 2:
Sweet Potatoes♥ Romaine Salad
♥Assorted Fruit & Juice
Choose 1: ♥Whole Wheat Bread
♥Raisins

4 Cinnamon Roll
Choose 1:
♥Pizza Variety
Fish Sandwich
Choose 2:
♥Tossed Salad
Steamed Carrots
♥Assorted Fruit & Juice
Choose 1: Bread Basket

7 Honey Bun
Choose 1:
Chicken Patty on Bun
♥Yogurt & Fruit Plate
Oven Fries
♥Leafy Green Salad
Assorted Fruit & Juice
Choose 1: ♥Roll

8 Ham & Egg on English Muffin
Choose 1:
♥Roasted Chicken, Mac & Cheese
Choose 2:
♥Mashed Potatoes, Romaine Salad
♥Mixed Veggies,
Assorted Fruit & Juice
Choose 1: Whole Wheat Bread
♥Dessert

9 Cheese Grits & Sausage Patty
*Sausage Biscuit Sandwich
Choose 1:
Potato Turbate,
Hot Dog, ♥Farmers Salad
Choose 2:
Green Peas, Coleslaw, Baked Beans
♥Assorted Fruit & Juice
Choose 1: ♥ Whole Wheat Roll

10 Pancakes W/ Maple Bits
Choose 1:
♥Cuban Pork, Grilled Cheese
Choose 2:
♥Fresh Veggies w/Dip, Tomato Soup
Sweet Potato Wedges,
♥Assorted Fruit & Juice
Choose 1: Crackers
♥Dessert

19 Breakfast Tastries
Choose 1:
Cheese, Veggie or Pepperoni Pizza
♥Fish Sticks
Choose 2:
♥Tossed Salad
Broccoli Normandy
Assorted ♥Fruit & Juice
Choose 1: ♥Bread Basket

14 Toaster Pastry
Choose 1:
♥Beef Dippers
Lasagna Roll-up
Choose 2:
Leafy Green Salad
♥Broccoli ♥ Assorted Fruit & Juice
Choose 1: Roll/ ♥ Rice

Max Stick
Choose 1:
♥Hot Turkey & Gravy, Pork Choppette
on Bun or Veggie Burger
Choose 2:
♥Romaine Salad, Mashed Potatoes
Seasoned Greens ♥ Asst Fruit & Juice
Choose 1: ♥Whole Wheat Roll
♥Dessert

16 Breakfast Pizza
* Egg & Cheese Biscuit
Choose 1:
Hamburger/♥Cheeseburger
Bean Burrito
Choose 2:
Lettuce & Tomato Salad, ♥Tator Tots,
♥Assorted Fruit & Juice
Choose 1:
Whole Wheat Roll

17 Chicken & Biscuit
Choose 1:
♥Breakfast for Lunch,
Chalupa, Farmer's Salad
Choose 2:
Fresh Veggies w/Dip
Green Beans, ♥Assorted Fruit & ♥Juice
Choose 1: Whole Wheat Roll
♥Raisins

18 Cheese Toast Sandwich
Choose 1:
♥Pizza Variety
Fish Sandwich
Choose 2:
♥Tossed Salad
Corn Cobettes
♥Assorted Fruit & Juice
Choose 1: Bread Basket

Winter Holidays Schools Closed

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, Chef Salads, Cold Sandwiches, Low Fat, Skim, ½% Chocolate and Strawberry Milk

Schools with ½ day schedules may vary menus.



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