

AUGUST

Pinellas County HS to K-12 Lunch Menu ~ *NON-OVS*


DAILY BREAKFAST CHOICES
 Hot or cold breakfast choices are available daily, *i.e.*: Breakfast Sandwich, Pancakes, Cereal & Toast, or Cereal Bar & Toast.
Must choose at least 1: Fruit or Juice.
May choose 1: Milk Skim, Low Fat White, or Fat Free Chocolate.




DAILY LUNCH CHOICES:
Choose 1: Entrée.
Must choose at least 1: Fruit or Vegetable (may choose up to 2 servings each of fruits & veggies with their lunch meal)
May Choose: 1 Milk; Skim, Low Fat White, or Fat Free Chocolate.

Available for lunch daily: Meat or Meatless Entrée, Entrée Salads, Cold Sandwiches, Hot & Cold Vegetable choices, Variety of Fruits (fresh or cupped) & Juices

Fun Facts!

August is National Peach Month!
 Did you know that the peach originated in China? Peaches are a good source of vitamins A, B, & C!



Monday	Tuesday	Wednesday	Thursday	Friday
	 <p>Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!</p>		<p>1</p>	<p>2</p> <p><i>All 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!</i></p>
<p>12</p>	<p>13</p>  <p>Follow us! @my_pes #pinellassechfood</p>	<p>14</p> <p>Chicken Drumstick <i>w/ Hush Puppy</i> Crispy Fries Sliced Cucumbers 100% Fruit Juice Low Fat <i>or</i> Fat Free Milk</p>	<p>15</p> <p>Meat Lovers Stromboli Marinara Cup Green Beans Mixed Side Salad Cupped Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>16</p> <p>Cheese Pizza Crunchers Mashed Potatoes & Gravy Fresh Carrots & Dip Fresh Fruit Low Fat <i>or</i> Fat Free Milk</p>
<p>19</p> <p>Cheese Sticks & Toasted Ravioli Boat Marinara Cup Country Baked Beans Fresh Veggie Dippers Cupped Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>20</p> <p>Cheeseburger <i>or</i> Hamburger Deli Roasted Potatoes Romaine Side Salad Fresh Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>21</p> <p>Chicken Nuggets Battered Sweet Potato Fries Sliced Cucumbers 100% Fruit Juice Low Fat <i>or</i> Fat Free Milk</p>	<p>22</p> <p>Mini Cheese Calzones Marinara Cup Sweet Green Peas Mixed Side Salad Cupped Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>23</p> <p>Teriyaki Beef Dippers <i>w/ Rice & Roll</i> Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Low Fat <i>or</i> Fat Free Milk</p>
<p>26</p> <p>Loaded BBQ Pork & Cheese Nachos Santa Fe Black Beans Fresh Veggie Dippers Cupped Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>27</p> <p>Max Cheese Sticks Marinara Cup Tater Tots Romaine Side Salad Fresh Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>28</p> <p>Chicken Tenders Green Beans Sliced Cucumbers 100% Fruit Juice Low Fat <i>or</i> Fat Free Milk</p>	<p>29</p> <p>Bean & Cheese Burrito Salsa Cup Corn Niblets Mixed Side Salad Cupped Fruit Low Fat <i>or</i> Fat Free Milk</p>	<p>30</p> <p><i>Breaded Homestyle <i>or</i> Spicy</i> Chicken Sandwich Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Low Fat <i>or</i> Fat Free Milk</p>