

# SEPTEMBER Pinellas County HS to K-12 Hot Satellite 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!



### Avocados

are not vegetables—they are actually single-seeded berries ... avocados have the highest protein content of any fruit ... avocados are double the potassium and fiber of bananas ... in Mexico, avocados are called “alligator pears”!

Monday	Tuesday	Wednesday	Thursday	Friday
	<b>3</b> Beef <i>or</i> Pork Tacos Refried Fiesta Beans Romaine Side Salad Fresh Fruit Choice of Milk	<b>4</b> Chicken Drumstick w/ Hush Puppy Crispy Fries Sliced Cucumbers 100% Fruit Juice Choice of Milk	<b>5</b> Meat Lovers Stromboli Marinara Cup Green Beans Mixed Side Salad Cupped Fruit Choice of Milk	<b>6</b> Cheese Pizza Crunchers Mashed Potatoes w/ Gravy Fresh Carrots w/ Dip Fresh Fruit Choice of Milk
<b>9</b> Cheese Sticks & Toasted Ravioli Boat Marinara Cup Country Baked Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk	<b>10</b> Cheeseburger <i>or</i> Hamburger Deli Roasted Potatoes Romaine Side Salad Fresh Fruit Choice of Milk	<b>11</b> Chicken Nuggets Battered Sweet Potato Fries Sliced Cucumbers 100% Fruit Juice Choice of Milk	<b>12</b> Mini Cheese Calzones Marinara Cup Sweet Green Peas Mixed Side Salad Cupped Fruit Choice of Milk	<b>13</b> Teriyaki Beef Dippers w/ <i>Rice &amp; Roll</i> Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Choice of Milk
<b>16</b> Loaded BBQ Pork & Cheese Nachos Santa Fe Black Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk	<b>17</b> Max Cheese Sticks Marinara Cup Tater Tots Romaine Side Salad Fresh Fruit Choice of Milk	<b>18</b> Chicken Tenders Green Beans Sliced Cucumbers 100% Fruit Juice Choice of Milk	<b>19</b> Bean & Cheese Burrito Salsa Cup Corn Niblets Mixed Side Salad Cupped Fruit Choice of Milk	<b>20</b> Breaded Chicken Sandwich Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Choice of Milk
<b>23</b> Popcorn Chicken & Pretzel Rod Spinach <i>or</i> Collard Greens Fresh Veggie Dippers Cupped Fruit Choice of Milk	<b>24</b> Beef <i>or</i> Pork Tacos Refried Fiesta Beans Romaine Side Salad Fresh Fruit Choice of Milk	<b>25</b> Chicken Drumstick w/ Hush Puppy Crispy Fries Sliced Cucumbers 100% Fruit Juice Choice of Milk	<b>26</b> Meat Lovers Stromboli Marinara Cup Green Beans Mixed Side Salad Cupped Fruit Choice of Milk	<b>27</b> Cheese Pizza Crunchers Mashed Potatoes w/ Gravy Fresh Carrots w/ Dip Fresh Fruit Choice of Milk
<b>30</b> Cheese Sticks & Toasted Ravioli Boat Marinara Cup Country Baked Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk		 Follow us! @mypcs #pinallasschfood	 <p><b>September is National Mushroom Month!</b></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>

In accordance with Federal Law and US 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, 1400 Independence Av. SW, Washington D.C. 20250-9410; or email: program.intake@usda.gov. This institution is an equal opportunity provider/employer.