

OCTOBER

Pinellas County HS to K-12 School 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

Join us!
Celebrate

 NATIONAL FARM to SCHOOL MONTH!
farmtoschool.org

Visit nutrislice.com for Menu & Nutrition Information, & to download the app on your mobile device!



Monday	Tuesday	Wednesday	Thursday	Friday
<p>National School Lunch Week! October 14 => 18</p> 	<p>1</p> <p>Cheeseburger <i>or</i> Hamburger Deli Roasted Potatoes Romaine Side Salad Fresh Fruit Choice of Milk</p>	<p>2</p> <p>Chicken Nuggets Battered Sweet Potato Fries Sliced Cucumbers 100% Fruit Juice Choice of Milk</p>	<p>3</p> <p>Mini Cheese Calzones Marinara Cup Sweet Green Peas Mixed Side Salad Cupped Fruit Choice of Milk</p>	<p>4</p> <p>Teriyaki Beef Dippers <i>w/ Rice & Roll</i> Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Choice of Milk</p>
<p>7</p> <p>Loaded BBQ Pork & Cheese Nachos Santa Fe Black Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk</p>	<p>8</p> <p>Max Cheese Sticks Marinara Cup Tater Tots Romaine Side Salad Fresh Fruit Choice of Milk</p>	<p>9</p> <p>Chicken Tenders Green Beans Sliced Cucumbers 100% Fruit Juice Choice of Milk</p>	<p>10</p> <p>Bean & Cheese Burrito Salsa Cup Corn Niblets Mixed Side Salad Cupped Fruit Choice of Milk</p>	<p>11</p> <p>Breaded Chicken Sandwich Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Choice of Milk</p>
<p>14</p> <p>NO SCHOOL</p> 	<p>15</p> <p>Beef <i>or</i> Pork Tacos Refried Fiesta Beans Romaine Side Salad Fresh Fruit Choice of Milk</p>	<p>16</p> <p>Chicken Drumstick <i>w/ Hush Puppy</i> Crispy Fries Sliced Cucumbers 100% Fruit Juice Choice of Milk</p>	<p>17</p> <p>Meat Lovers Stromboli Marinara Cup Green Beans Mixed Side Salad Cupped Fruit Choice of Milk</p>	<p>18</p> <p>Cheese Pizza Crunchers Mashed Potatoes <i>w/ Gravy</i> Fresh Carrots <i>w/ Dip</i> Fresh Fruit Choice of Milk</p>
<p>21</p> <p>Cheese Sticks & Toasted Ravioli Boat Marinara Cup Country Baked Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk</p>	<p>22</p> <p>Cheeseburger <i>or</i> Hamburger Deli Roasted Potatoes Romaine Side Salad Fresh Fruit Choice of Milk</p>	<p>23</p> <p>Chicken Nuggets Battered Sweet Potato Fries Sliced Cucumbers 100% Fruit Juice Choice of Milk</p>	<p>24</p> <p>Mini Cheese Calzones Marinara Cup Sweet Green Peas Mixed Side Salad Cupped Fruit Choice of Milk</p>	<p>25</p> <p>Teriyaki Beef Dippers <i>w/ Rice & Roll</i> Steamed Broccoli Florets Fresh Carrots & Dip Fresh Fruit Choice of Milk</p>
<p>28</p> <p>Loaded BBQ Pork & Cheese Nachos Santa Fe Black Beans Fresh Veggie Dippers Cupped Fruit Choice of Milk</p>	<p>29</p> <p>Max Cheese Sticks Marinara Cup Tater Tots Romaine Side Salad Fresh Fruit Choice of Milk</p> <p>Harvest of the Month Fresh from FL Satsumas today!</p>	<p>30</p> <p>Chicken Tenders Green Beans Sliced Cucumbers 100% Fruit Juice Choice of Milk</p>	<p>31</p> <p>Bean & Cheese Burrito Salsa Cup Corn Niblets Mixed Side Salad Cupped Fruit Choice of Milk</p>	

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