

May 2012 - Pinellas County Middle School Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Daily Breakfast Choice:</p> <p>Choose 2: Cereal, Toast, Meat/Meat Alternative</p> <p>Choose at least 1: Fresh/Canned Fruit or Fruit Juice</p> <p>Choose 1: Milk</p>	<p>1 Egg & Sausage bagel</p> <p>Popcorn chx/meatball subs/corndogs/veggie chili</p> <p>Farmer's salad</p> <p>Romaine salad/deli potatoes</p> <p>Fruit & juice/Spanish cookies</p> <p>Ala carte – spicy chx patties</p>	<p>2 Egg & Cheese Biscuit Pizza pockets</p> <p>Chx nuggets/chili,cheese & scoops/pasta marinara</p> <p>Chicken Caesar salad</p> <p>Leafy green salad/capri blend</p> <p>Fruit & juice/garlic breadsticks</p> <p>Ala carte – tater tots/egg rolls</p>	<p>3 Waffle Sticks with Sausage Links</p> <p>Teriyaki chx w rice/hot dogs/rib-q</p> <p>Farmer's salad</p> <p>Let & tom salad/oriental veggies</p> <p>Fruit & juice</p> <p>Ala carte - cheeseburgers</p>	<p>4 Yogurt or Honey Bun</p> <p>Pizza/fish</p> <p>Entrée salad</p> <p>Tossed salad/carrots</p> <p>Fruit & juice</p> <p>Hush puppies</p> <p>Ala carte – popcorn chx</p>
	<p>7 2-egg omelet Pizza pockets</p>	<p>8 Blueberry Pancakes Pancakes & sausage</p>	<p>9 Chicken on a Biscuit</p>	<p>10 Max Stick & Tots Breakfast pizza</p>
<p>Mini-burgers/pizza/roasted chicken</p> <p>Farmer's salad</p> <p>Coleslaw/oven fries</p> <p>Fruit & juice/wheat bread</p> <p>Ala carte – popcorn chx</p>	<p>Max sticks/tacos/cheese quesadillas</p> <p>Chicken Caesar salad</p> <p>Let & tom salad/corn/refried beans</p> <p>Fruit & juice/ginger cookies</p> <p>Ala carte – spicy chx patties</p>	<p>Spicy chx patties/hot dogs/pork chop sand/veggie burger</p> <p>Farmer's salad</p> <p>Leafy green salad/baked beans</p> <p>Fruit & juice</p> <p>Ala carte – tater tots/egg rolls</p>	<p>Popcorn chx/chili, cheese & chips/mac & cheese</p> <p>Chicken Caesar salad</p> <p>Romaine salad/sweet potatoes/collards</p> <p>Fruit & juice/white wheat roll</p> <p>Ala carte – chx parm</p>	<p>Pizza/fish sandwich</p> <p>Entrée salad</p> <p>Tossed salad/mxd veggies</p> <p>Fruit & juice</p> <p>Ala carte – popcorn chx</p>
<p>14 Pizza Pocket</p>	<p>15 Canadian Bacon & Egg Sandwich</p>	<p>16 Cheese Grits & Sausage Patty</p>	<p>17 Pancake Pup Pizza pockets</p>	<p>18 Yogurt or Blueberry Muffin</p>
<p>Chx patties/pizza/baked potato w cheese</p> <p>Farmer's salad</p> <p>Veggies w dip/broccoli</p> <p>Fruit & juice/wheat bread</p> <p>Ala carte – popcorn chx</p>	<p>popcorn chx/tacos</p> <p>cheese quesadillas</p> <p>chicken Caesar salad</p> <p>romaine salad/oven fries</p> <p>tomato soup/pbj's</p> <p>cinnamon apple slices/nectarines</p> <p>fruit & juice/garlic wheat bread/dessert</p> <p>ala carte – spicy chx patties</p>	<p>Max sticks/beef dippers & rice/Cubans</p> <p>Chicken Caesar salad</p> <p>Leafy green salad/black beans/rice</p> <p>Fruit & juice</p> <p>Ala carte – tater tots/egg rolls</p>	<p>Chili, cheese & chips/breaded chx/pasta w meat sauce</p> <p>Farmer's salad</p> <p>Romaine salad/carrots</p> <p>Fruit & juice/garlic sticks</p> <p>Ala carte - cheeseburgers</p>	<p>Uno's pizza/fish sticks</p> <p>Entrée salad</p> <p>Tossed salad/corn</p> <p>Fruit & juice/pretzel rod</p> <p>Ala carte – popcorn chx</p>
<p>21 Two Egg Omelet Breakfast pizza</p>	<p>22 Cheese Quesadilla w/ sausage link</p>	<p>23 Breakfast Sausage Bagel</p>	<p>24 Chicken & Biscuit</p>	<p>25 Yogurt Honey bun</p>
<p>Cheeseburger/hamburger</p> <p>Pizza/bean burrito</p> <p>Chicken Caesar salad</p> <p>Let & tom salad/tater tots</p> <p>Baked beans</p> <p>Ala carte – popcorn chx</p>	<p>Chx tender parm/philly</p> <p>cheesesteak/maxsticks</p> <p>Farmer's salad</p> <p>Romaine salad/broccoli</p> <p>Fruit & juice/dessert</p> <p>Ala carte – spicy chx patties</p>	<p>Tacos/chx patties/grilled cheese sand</p> <p>Farmer's salad</p> <p>Leafy green salad/tomato soup/sweet potato bites</p> <p>Fruit & juice</p> <p>Ala carte – tater tots/egg rolls</p>	<p>Chili, cheese & chips</p> <p>Lasagna/breakfast for lunch</p> <p>Chicken Caesar salad</p> <p>Veggies w dip/mxd veggies</p> <p>Fruit & juice/white wheat roll</p> <p>Ala carte - cheeseburgers</p>	<p>Pizza/fish sandwich</p> <p>Entrée salad</p> <p>Tossed salad/green beans</p> <p>Fruit & juice</p> <p>Ala carte – popcorn chx</p>
<p>No School Memorial Day</p>	<p>29 Egg & Sausage bagel</p>	<p>30 Egg & Cheese Biscuit Pizza pockets</p>	<p>31 Waffle Sticks with Sausage Links</p>	<p>Daily Lunch Choice:</p> <p>Choose 1: Entrée</p> <p>Choose at least 1: Fruit or Vegetable</p> <p>Choose 1: Bread</p> <p>Choose 1: Milk</p> <p>Available Daily: Meatless Entrée, Entrée Salads, Cold Sandwiches, Low Fat White, Fat Free Flavored or Skim Milk</p>
	<p>Popcorn chx/meatball subs/corndogs/veggie chili</p> <p>Farmer's salad</p> <p>Romaine salad/deli potatoes</p> <p>Fruit & juice/dessert</p> <p>Ala carte – spicy chx patties</p>	<p>Chili, cheese & chips</p> <p>Chx nuggets/pasta marinara</p> <p>Chicken Caesar salad</p> <p>Leafy green salad/capri blend</p> <p>Fruit & juice/garlic sticks</p> <p>Ala carte – tater tots/egg rolls</p>	<p>Teriyaki chx w rice</p> <p>Hot dogs/beef rib-q</p> <p>Farmer's salad</p> <p>Let & tom salad/oriental veggies</p> <p>Fruit & juice</p> <p>Ala carte - cheeseburgers</p>	

Choose as many different fruits & vegetables as you would like with a full meal! (Exception – only 1 juice)