

HILLSBOROUGH COUNTY PUBLIC SCHOOLS
STUDENT NUTRITION SERVICES
READY TO SERVE KITCHEN ELEMENTARY MIDDLE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit Assorted Low Fat Milk
				LUNCH Sweet & Sour Chicken w/ Yellow Rice (1/2 cup rice) Baby Carrots w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk
4 BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Macaroni & Cheese BBQ Baked Beans 100% Fruit Juice Assorted Low Fat Milk	5 BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk Baked Ziti w/ Ground Beef Fruited Gelatin Crisp Garden Side Salad Assorted Low Fat Milk	6 BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Popcorn Chicken Bowl Seasoned Peas & Carrots Sliced Peaches Dinner Roll Assorted Low Fat Milk	7 BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Meatball & Marinara Sub 100% Fruit Juice Carrot Soufflé Assorted Low Fat Milk	8 Student Day at the Fair Non-Student Day
11 BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Chicken Pot Pie Sweet Kernel Corn Peach Slices Assorted Low Fat Milk	12 BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Roasted Chicken Drumstick w/ Yellow Rice (1cup rice) Cheesy Spinach Bake 100% Fruit Juice Assorted Low Fat Milk	13 BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Country Beef Roast w/ Mashed Potatoes Fresh Apple Slices Dinner Roll Assorted Low Fat Milk	14 BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Cuban Sandwich Roasted Carrots Berry Blue Applesauce Valentine's Day Cookie Assorted Low Fat Milk Valentine's Day	15 BREAKFAST Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Baja Pork Carnitas Tacos Seasoned Pinto Beans Fruit Cocktail Treat w/ Meal Assorted Low Fat Milk
18 Presidents Day Non-Student Day	19 BREAKFAST Assorted Cereal w/ Strawberry Grahams Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Tuscan Rotini w/ Meatballs (1cup noodles) Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk	20 BREAKFAST Eggo® Mini Blueberry Pancakes w/ Syrup Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Cuban Pork w/ Yellow Rice (1cup rice) Seasoned Black Beans 100% Fruit Juice Assorted Low Fat Milk	21 BREAKFAST Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Turkey & Cheese Sub Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk	22 BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit Assorted Low Fat Milk LUNCH Sweet & Sour Chicken w/ Yellow Rice (1/2 cup rice) Baby Carrots w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk
25 BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Macaroni & Cheese BBQ Baked Beans 100% Fruit Juice Assorted Low Fat Milk	26 BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk Baked Ziti w/ Ground Beef Fruited Gelatin Crisp Garden Side Salad Assorted Low Fat Milk	27 BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Popcorn Chicken Bowl Seasoned Peas & Carrots Sliced Peaches Dinner Roll Assorted Low Fat Milk	28 BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Meatball & Marinara Sub 100% Fruit Juice Carrot Soufflé Assorted Low Fat Milk	