

Revise 01/11/19

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

Feeding Body & MindOne Child	At A Time			
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit
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				LIMOU
	പ്പെട്ടുകൾ വരുന്നു. ഇത് വരുന്നു വരുന്നു വരുന്നു വരുന്നു. വരുന്നു വരുന്നു വരുന്നു വരുന്നു വരുന്നു. വരുന്നു വരുന	— बहुत्तर हुन्तर त्यान्य । स्वयुक्तकारण स्थान बहुत्तर हुन्य । सूर्व स्वरूप्तांकारण के व्यवस्थानीय स्वरूप्तां स्वरूप्तां । स्वरूप्तां स्वरूप्तां स्वरूप्तां स्वरूप्तां स्वरूप्तां स्वरूप्तां स्वरूप्तां स्वरूप्तां	en ett er en ett ett ett en	Sweet & Sour Chicken w/ Yellow Rice (1/2 cup rice) Baby Carrots w/ Lite Ranch Dip
			. 1	Fresh Apple Slices Assorted Low Fat Milk
BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 40z Juice or Assorted Fruit	5 BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk	6 BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams 100% Frult Juice or Assorted	7 BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk	8
LUNCH Macaroni & Cheese BBQ Baked Beans 100% Fruit Juice Assorted Low Fat Milk	Baked Ziti w/ Ground Beef Fruited Gelatin Crisp Garden Side Salad Assorted Low Fat Milk	Fruit Assorted Low Fat Milk  LUNCH Popcorn Chicken Bowl Seasoned Peas & Carrots Sliced Peaches Dinner Roll Assorted Low Fat Milk	LUNCH Meatball & Marinara Sub 100% Fruit Juice Carrot Souffié Assorted Low Fat Milk	Student Day at the Fair Non-Student Day
1	12	13	14	15 .
BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar	BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit	BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams	BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit	BREAKFAST Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers
.00% 4oz Juice or Assorted Fruit Assorted Low Fat Milk	Assorted Low Fat Milk LUNCH Roasted Chicken Drumstick	100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk	Assorted Low Fat Milk LUNCH	100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk
LUNCH Chicken Pot Pie Sweet Kernel Corn Peach Slices Assorted Low Fat Milk	w/ Yellow Rice (1cup rice) Cheesy Spinach Bake 100% Fruit Juice Assorted Low Fat Milk	LUNCH Country Beef Roast w/ Mashed Potatoes Fresh Apple Slices Dinner Roll Assorted Low Fat Milk	Cuban Sandwich Roasted Carrots Berry Blue Applesauce Valentine's Day Cookle Assorted Low Fat Milk	LUNCH Baja Pork Carnitis Tacos Seasoned Pinto Beans Fruit Cocktail Treat w/ Meal Assorted Low Fat Milk
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18	BREAKFAST Assorted Cereal w/ Strawberry Grahams Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit	BREAKFAST Eggo® Mini Blueberry Pancakes w/ Syrup Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted	BREAKFAST Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted	BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit
Presidents Day	Assorted Low Fat Milk	Fruit	Fruit	Assorted Low Fat Milk
Non-Student Day	LUNCH	Assorted Low Fat Milk	Assorted Low Fat Milk	LUNCH
and the second s	Tuscan Rotini w/ Meatballs (1cup noodles) Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk	LUNGH Cuban Pork w/ Yellow Rice (1cup rice) Seasoned Black Beans 100% Fruit Juice Assorted Low Fat Milk	LUNCH Turkey & Cheese Sub Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk	Sweet-&-Sour-Chicken w/ Yellow Rice (1/2 cup rice) Baby Carrots w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk
BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar	BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted	27 BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams	28 BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted	
Fruit Assorted Low Fat Milk	Assorted Low Fat Milk Baked Ziti w/ Ground Beef Fruited Gelatin	100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk	Fruit Assorted Low Fat Milk LUNCH	
Macaroni & Cheese BBQ Baked Beans 100% Fruit Juice Assorted Low Fat Milk	Crisp Garden Side Salad Assorted Low Fat Milk	LUNCH Popcom Chicken Bowl Seasoned Peas & Carrots Sliced Peaches Dinner Roll	Meatball & Marinara Sub 100% Fruit Juice Carrot Soufflé Assorted Low Fat Milk	
	<u> </u>	Assorted Low Fat Milk	1	l