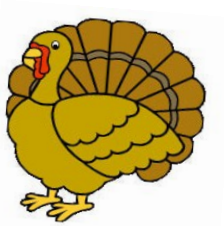
November

Pinellas Middle School Menu

Fun Fact!

91% of Americans eat Turkey on Thanksgiving!

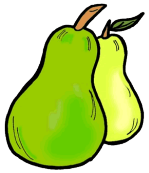


DAILY BREAKFAST CHOICES

Choose up to 2 Grain Choices such as cereal (=1), toast (=1), pancakes (=2), cinnamon Texas toast (=2) ***OR***
Choose a 1 Grain and 1 Meat Choice such as a breakfast sandwich (=1G/1M)
Must choose at least 1: Fruit or Juice
May choose 1: Milk

DAILY LUNCH CHOICES

Choose 1: Entrée
May Choose: 1 Milk
Must choose at least 1: Fruit or Vegetable (may choose as many different fruits & veggies as student would like)
Available Daily: Meatless Entrée, Entrée Salads, Cold Sandwiches, Low Fat White Milk, Fat Free Flavored or Skim Milk, Variety of Fruit & Juice
8 oz water is also available at no extra

Mon	Tue	Wed	Thu	Fri
				1 Cinnamon Roll (1B)
A variety of fruits and juice are available daily! Students may choose as many different fruits & vegetable as they'd like with their meal! 				**Choose One:** Pizza Sweet Potato Fish Nuggets w/Roll Chicken Caesar Salad **Choose:** Sunshine Carrots Mixed or Romaine Salad
4 Sausage Biscuit Sliders (1B/1M)	**5** Breakfast Burrito (1M/1B)	6 Egg & Cheese Swirl (1M/1B)	7 Wild Berry Bread (2B)	**8** Breakfast Flatbread (1M/1B)
Choose One: BBQ Pork & Cheese Nachos Chicken Nuggets w/Roll Farmer's Salad **Choose:** Mixed Greens Tossed or Romaine Salad	**Choose One:** *****Featured Item***** ***Fernando's Cheese Enchiladas*** Cheeseburger Fruit & Yogurt Plate **Choose:** Baked Beans Fresh Veggie Sticks	**Choose One:** Cheesy Buffalo Crunchers Spaghetti w/Meatballs & Breadstick Greek Salad **Choose:** Mixed Vegetables Romaine Salad	**Choose One:** Grilled Cheese Beef Dipper Lo Mein Chef Salad **Choose:** Tomato Soup Fresh Veggie Sticks	**Choose One:** Pizza Bean Burrito Chicken Caesar Salad **Choose:** Corn Mixed or Romaine Salad
11 Apple Cinnamon Texas Toast	**12** Sausage Biscuit (1M/1B)	**13** Eggo Pancake Minis (2B)	**14** Egg & Cheese Croissant (1M/1B)	**15** Cinnamon Roll (1B)
Choose One: Popcorn Chicken w/ Biscuit (2M/2B) Max Sticks w/Marinara (2M/2B) Chef Salad **Choose:** Sweet Potato Fries Tossed or Romaine Salad	**Choose One:** Rib-B-Que Sandwich Tortellini Alfredo Yogurt Parfait **Choose:** Steamed Peas Fresh Veggie Sticks	**Choose One;** General Tso's Chicken & Spring Rolls Macaroni & Cheese Greek Salad **Choose:** Broccoli Romaine Salad	**Choose One:** Cheese Quesadilla with salsa Meatball sub Farmer's Salad **Choose:** Seasoned Black Beans Fresh Veggie Sticks	**Choose One:** Pizza Cheesy Fish Filet Sandwich Chicken Caesar Salad **Choose:** Oven Fries Mixed or Romaine Salad
18 Chicken Biscuit (1M/1B)	**19** Breakfast Sausage Bagel (1M/1B)	**20** Glazed Pancakes(2B)	**21** Banana Bread (2B)	**22** Yogurt (1M), Blueberry Muffin
Choose One: Cheeseburger Sliders Orange Chipotle Chicken over Rice Farmers Salad **Choose:** Green Beans Tossed or Romaine Salad **Fresh Florida Oranges**	**FLORIDA FARM TO SCHOOL WEEK!** **Choose One:** Tacos Pizza Crunchers Chef Salad **Choose:** Fiesta Beans **Florida Cucumber Slices w/Dip**	**Choose One:** Popcorn Shrimp w/Hush Puppy Chicken Sandwich Fruit & Yogurt Plate **Choose:** Waffle Fries / Romaine Salad **Sweet Florida Tangerines**	**Choose One:** Pizza Calzone w/Marinara BBQ Pork Sandwich Greek Salad **Choose:** **Florida Sweet Corn on the Cob** Fresh Veggie Sticks	**Choose One:** Pizza Philly Cheesesteak Chicken Caesar Salad **Choose:** Sunshine Carrots **Mixed Salad w/Florida Tomatoes**

Thanksgiving Break

November 25-29

Thanksgiving Menu

Roast Turkey with Dressing, Mashed Potatoes, Gravy & Cranberry Sauce, Sweet Potatoes, Fresh Florida Green Beans, Salad, Fruit or Juice, Roll, Dessert & Milk

The Thanksgiving Menu will be served during the week prior to the holiday break. The day will be determined by the individual school schedule

In accordance with Federal Law and U.S. 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, Room 326-W. Whitten Building, 1400 Independence Ave., SW., Washington D.C. 20250-9410 or call (202) 720-5964 (voice or TDD). USDA is an equal opportunity provider and employer.