



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

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



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<p>18</p> <p align="center">Presidents Day Non-Student Day</p>	<p>19</p> <p align="center">BREAKFAST Assorted Cereal w/ Strawberry Grahams Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Tuscan Rotini w/ Meatballs (1cup noodles) Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk</p>	<p>20</p> <p align="center">BREAKFAST Eggo® Mini Blueberry Pancakes w/ Syrup Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Cuban Pork w/ Yellow Rice (1cup rice) Seasoned Black Beans 100% Fruit Juice Assorted Low Fat Milk</p>	<p>21</p> <p align="center">BREAKFAST Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Turkey & Cheese Sub Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk</p>	<p>22</p> <p align="center">BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Sweet & Sour Chicken w/ Yellow Rice (1/2 cup rice) Baby Carrots w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk</p>
<p>25</p> <p align="center">BREAKFAST Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Macaroni & Cheese BBQ Baked Beans 100% Fruit Juice Assorted Low Fat Milk</p>	<p>26</p> <p align="center">BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">Baked Ziti w/ Ground Beef Fruited Gelatin Crisp Garden Side Salad Assorted Low Fat Milk</p>	<p>27</p> <p align="center">BREAKFAST Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Popcorn Chicken Bowl Seasoned Peas & Carrots Sliced Peaches Dinner Roll Assorted Low Fat Milk</p>	<p>28</p> <p align="center">BREAKFAST Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Meatball & Marinara Sub 100% Fruit Juice Carrot Soufflé Assorted Low Fat Milk</p>	

Revise 01/11/19