



**HILLSBOROUGH COUNTY PUBLIC SCHOOLS  
STUDENT NUTRITION SERVICES  
READY TO SERVE KITCHEN ELEMENTARY MIDDLE 2018**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<p>1</p> <p><b>BREAKFAST</b> Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Cuban Sandwich Roasted Carrots Berry Blue Applesauce Assorted Low Fat Milk</p>	<p>2</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Teriyaki Chicken w/ Fried Rice (1cup rice) Broccoli w/ Lite Ranch Dip Fruit Cocktail Treat w/ Meal Assorted Low Fat Milk</p>
<p>5</p> <p><b>BREAKFAST</b> Eggo® Mini Cinnamon Waffles w/ Syrup Assorted Cereal w/ Strawberry Grahams 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Roasted Chicken Drumstick w/ Mashed Potatoes (1/2 cup) Roasted Carrots (1/2 cup) Applesauce Fruit Cup Dinner Roll Assorted Low Fat Milk</p>	<p>6</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Grahams Peanut Butter &amp; Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Turkey &amp; Cheese Sub Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk</p>	<p>7</p> <p><b>BREAKFAST</b> Eggo® Mini Blueberry Pancakes w/ Syrup Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> <u>Thanksgiving Celebration</u> Roast Turkey w/ Mashed Potatoes &amp; Gravy Homemade Stuffing Fresh Garlic Green Beans Peach Slices Thanksgiving Celebration Cookie</p>	<p>8</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Tuscan Rotini w/ Meatsauce (1 cup noodles) Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk</p>	<p>9</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Sweet &amp; Sour Chicken w/ Yellow Rice (1/2 cup rice) Crisp Garden Salad Fresh Apple Slices Assorted Low Fat Milk</p>
<p>12</p> <p align="center"><b>No School</b></p>	<p>13</p> <p><b>BREAKFAST</b> Eggo® Cinnamon Waffles w/ Syrup Peanut Butter &amp; Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Baked Ziti w/ Ground Beef Fruited Gelatin Crisp Garden Side Salad Assorted Low Fat Milk</p>	<p>14</p> <p><b>BREAKFAST</b> Whole Grain Muffin w/ Colby Jack Cheese Stick Cereal w/ Strawberry Grahams 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Teriyaki Chicken w/ Lo Mein Noodles Seasoned Peas &amp; Carrots Sliced Peaches Assorted Low Fat Milk</p>	<p>15</p> <p><b>BREAKFAST</b> Eggo® Mini Blueberry Pancakes Breakfast Protein Bar 100% Fruit Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Ham &amp; Cheese Sub 100% Fruit Juice Broccoli w/ Lite Ranch Dip Assorted Low Fat Milk</p>	<p>16</p> <p><b>BREAKFAST</b> Eggo® Mini Cinnamon Waffle w/ Syrup Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Santa Fe Tacos Carrot Soufflé Applesauce Fruit Cup Assorted Low Fat Milk</p>
<p><b>Fall Break</b></p>				



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<p>26</p> <p align="center"><b>BREAKFAST</b></p> <p>Eggo® Mini Cinnamon Waffles w/ Syrup Assorted Cereal w/ Strawberry Grahams 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center"><b>LUNCH</b></p> <p>Rosemary &amp; Garlic Roasted Chicken w/ Mashed Potatoes (1/2 cup) Roasted Carrots (1/2 cup) Applesauce Fruit Cup Dinner Roll Assorted Low Fat Milk</p>	<p>27</p> <p align="center"><b>BREAKFAST</b></p> <p>Assorted Cereal w/ Strawberry Grahams Peanut Butter &amp; Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center"><b>LUNCH</b></p> <p>Tuscan Rotini w/ Meatballs (1cup noodles) Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk</p>	<p>28</p> <p align="center"><b>BREAKFAST</b></p> <p>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"><b>LUNCH</b></p> <p>Cuban Pork w/ Yellow Rice (1cup rice) Seasoned Black Beans 100% Fruit Juice Assorted Low Fat Milk</p>	<p>26</p> <p align="center"><b>BREAKFAST</b></p> <p>Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center"><b>LUNCH</b></p> <p>Turkey &amp; Cheese Sub Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk</p>	<p>30</p> <p align="center"><b>BREAKFAST</b></p> <p>Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice of Assorted Fruit Assorted Low Fat Milk</p> <p align="center"><b>LUNCH</b></p> <p>Sweet &amp; Sour Chicken w/ Yellow Rice (1/2 cup rice) Baby Carrots w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk</p>
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Revised 10/17/18