



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7 Non – Student Day	8 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	9 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	10 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	11 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
14 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	15 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	16 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	17 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	18 BREAKFAST Eggo® Mini Cinnamon Waffle w/ Syrup Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk LUNCH Cuban Pork Burrito Cheesy Spinach Bake Applesauce Fruit Cup Assorted Low Fat Milk
21 Martin Luther King, Jr. Day	22 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/ Rice Pilaf (1cup rice) Cheesy Spinach Bake 100% Fruit Juice Assorted Low Fat Milk	23 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	24 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 Assorted Low Fat Milk	25 BREAKFAST Assorted Cereal w/ Strawberry Grahams Yogurt w/ Cinnamon Graham Crackers 100% 4oz Juice or Assorted Fruit 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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<p>28</p> <p>BREAKFAST Eggo® Mini Cinnamon Waffles w/ Syrup Assorted Cereal w/ Strawberry Grahams 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Rosemary & Garlic Roasted Chicken w/ Mashed Potatoes <i>(1/2 cup)</i> Roasted Carrots <i>(1/2 cup)</i> Applesauce Fruit Cup Dinner Roll Assorted Low Fat Milk</p>	<p>29</p> <p>BREAKFAST Assorted Cereal w/ Strawberry Grahams Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Tuscan Rotini w/ Meatballs <i>(1cup noodles)</i> Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk</p>	<p>30</p> <p>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>LUNCH Cuban Pork w/ Yellow Rice <i>(1cup rice)</i> Seasoned Black Beans 100% Fruit Juice Assorted Low Fat Milk</p>	<p>31</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 Turkey & Cheese Sub Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk</p>	
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Revised 11/16/18