



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<p>1</p> <p><b>BREAKFAST</b> Eggo® Mini Cinnamon Waffle w/ Syrup Peanut Butter &amp; Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Tampa's Own Cuban Wrap Cheesy Spinach Bake Applesauce Fruit Cup Assorted Low Fat Milk</p>
<p>4</p> <p><b>Strawberry Festival Non-Student Day</b></p>	<p>5</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> Roasted Chicken Drumstick w/ Yellow Rice (1cup rice) Cheesy Spinach Bake 100% Fruit Juice Assorted Low Fat Milk</p>	<p>6</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> Country Beef Roast w/ Mashed Potatoes Fresh Apple Slices Dinner Roll Assorted Low Fat Milk</p>	<p>7</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>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> Baja Pork Carnitis Tacos Seasoned Pinto Beans Fruit Cocktail Treat w/ Meal Assorted Low Fat Milk</p>
<p>11</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> 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>12</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> Tuscan Rotini w/ Meatballs (1cup noodles) Fruited Gelatin Crisp Garden Salad Assorted Low Fat Milk</p>	<p>13</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> Cuban Pork w/ Yellow Rice (1cup rice) Seasoned Black Beans 100% Fruit Juice Assorted Low Fat Milk</p>	<p>14</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> Turkey &amp; Cheese Sub Berry Blue Applesauce Cheesy Spinach Bake Assorted Low Fat Milk</p>	<p>15</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) Baby Carrots w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk</p>
<p><b>Spring Break (18 – 22)</b></p>				



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<p>25</p> <p align="center"><b>Non-Student Day</b></p>	<p>26</p> <p align="center">BREAKFAST Eggo® Cinnamon Waffles w/ Syrup Peanut Butter &amp; Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p align="center">LUNCH Rotini w/ Meatsauce (1cup noodles) Cheesy Spinach Bake Fruited Gelatin 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 Sweet &amp; Sour Chicken w/ Yellow Rice (1/2cup rice) Seasoned Black Beans Fresh Apple Slices 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 Turkey &amp; Cheese Wrap Sweet Potato Bake Berry Blue Applesauce Assorted Low Fat Milk</p>	<p>29</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 Chicken &amp; Broccoli Alfredo Green Beans Applesauce Fruit Cup Assorted Low Fat Milk</p>
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Revised