

Fun Fact!

October

San Jose Elementary School Menu



The largest "official" pumpkin ever grown weighed 1,340 pounds



DAILY BREAKFAST CHOICES

Choose up to 2 Grain Choices

such as cereal (=1), toast (=1), mini pancakes (=2), glazed dunker (=2)

OR

Choose 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

Must choose at least 1:

Fruit or Vegetable

(may choose up to 2 servings each of fruits & veggies with their meal)

Available Daily:

Meatless Entrée,

Cold Sandwiches,

Entrée Salads,

Variety of Fruits & Juices



May Choose: 1 Milk;

Low Fat White Milk,

Fat Free Chocolate Flavored or Skim Milk

All menus are subject to change.

We do our best to provide our customers with all of our planned options, however, occasionally crops, weather & supplies have other ideas!

| Monday | Tuesday | Wednesday | Thursday | Friday | |
|--|---|--|---|--|---|
| 3 Banana Pancakes <u>Choose One:</u> Hamburger or Cheeseburger Turkey Pot Roast & Noodles w/Roll Veggie Double Dipper Salad Turkey & Cheese Hoagie <u>Choose:</u> Corn Nibbles Veggie Dippers | 4 Sausage Biscuit <u>Choose One:</u> Featured Entrée: ** Chicken Tacos on Soft Tortillas** Pepperoni Stromboli Farmer's Salad, Jamwich Kit <u>Choose:</u> Sliced Carrots Marinara Cup Romaine Side Salad | 5 Glazed Dunker <u>Choose One:</u> Chicken Nuggets Spaghetti & Meatballs Fruit & Yogurt Plate Ham & Cheese Croissant <u>Choose:</u> Broccoli Sliced Cucumbers | 6 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Breakfast for Lunch Cheesy Bread Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Deli Roasted Potatoes Mixed or Tossed Side Salad | 7 Apple Cinnamon Sausage Stick <u>Choose One:</u> Pizza Ocean Treasure Fish Nuggets Chicken Caesar Salad Italian Sub <u>Choose:</u> Oven Baked Beans Veggie Dippers | |
| 10 Blueberry Bash Mini Waffles <u>Choose One:</u> Chicken Sandwich Pizza Crunchers Chef Salad Turkey & Cheese Hoagie <u>Choose:</u> Crinkle Oven Fries Veggie Dippers | 11 Scrambled Egg, Bacon & Biscuit <u>Choose One:</u> Featured Entrée: **Stuffed Crust Cheese Pizza** Corndog Farmer's Salad Jamwich Kit <u>Choose:</u> Oven Baked Beans Romaine Side Salad | 12 No School For Students Professional Development Day  No School For Students | 13 Apple Cinnamon Texas Toast <u>Choose One:</u> Chicken & Dutch Waffle Grilled Cheese Cobb Salad Chicken Caesar Wrap <u>Choose:</u> Tomato Soup Mixed or Tossed Side Salad | 14 Pancake Pup <u>Choose One:</u> Pizza Potato Crusted Fish Sticks & Corn Muffin Loaf Chicken Popper Salad Italian Sub <u>Choose:</u> Green Beans, Veggie Dippers | |
| 17 Sausage Gravy Bagel <u>Choose One:</u> Max Sticks Mandarin Chicken Bowl w/ Roll Chef Salad Turkey & Cheese Hoagie <u>Choose:</u> Marinara Cup Stir Fry Vegetable Veggie Dippers | 18 Maple Pancake Minis School Favorites Day Hot Dog Or Cheese Pizza | 19 Chicken Biscuit <u>Choose One:</u> Chicken Drumstick w/ Hush Puppy Macaroni & Cheese Yogurt Parfait Ham & Cheese Croissant <u>Choose:</u> Sweet Potato Waffle Fries Sliced Cucumbers | 20 Apple Bosco Stick <u>Choose One:</u> Beef Tacos Mini Calzones Farmer's Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Refried Fiesta Beans Mixed or Tossed Side Salad | 21 Egg & Cheese Croissant <u>Choose One:</u> Pizza Fish Cake Sandwich w/Cheese Chicken Caesar Salad Italian Sub <u>Choose:</u> Spinach or Collard Greens Veggie Dippers | |
| 24 Banana Pancakes <u>Choose One:</u> Hamburger or Cheeseburger Turkey Pot Roast & Noodles w/Roll Veggie Double Dipper Salad Turkey & Cheese Hoagie <u>Choose:</u> Corn Nibbles Veggie Dippers | 25 Sausage Biscuit <u>Choose One:</u> Featured Entrée: ** Chicken Broccoli Penne Alfredo with Roll** Pepperoni Stromboli Farmer's Salad • Jamwich Kit <u>Choose:</u> Sliced Carrots • Marinara Cup Romaine Side Salad | 26 Glazed Dunker <u>Choose One:</u> Chicken Nuggets Spaghetti & Meatballs Fruit & Yogurt Plate Ham & Cheese Croissant <u>Choose:</u> Broccoli Sliced Cucumbers | 27 Bacon, Egg & Cheese Pizza <u>Choose One:</u> Breakfast for Lunch Cheesy Bread Chef Salad Chicken Caesar Wrap <u>Choose:</u> Marinara Cup Deli Roasted Potatoes Mixed or Tossed Side Salad | 28 Apple Cinnamon Sausage Stick <u>Choose One:</u> Pizza Ocean Treasure Fish Nuggets Chicken Caesar Salad Italian Sub <u>Choose:</u> Oven Baked Beans Veggie Dippers | |
| 31 Blueberry Bash Mini Waffles <u>Choose One:</u> Phantom Pizza Crunchers Chicken Bat Nuggets Tombstone Turkey/Cheese Sandwich Spooky Chef Salad <u>Choose:</u> Vampire Veggie Dippers Coffin Crinkle Oven Fries |  | |  | | Visit nutrislice.com for Menu & Nutrition Information  |

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.