

# ELEMENTARY LUNCH MENU

Pasco County Schools August & September 2013

This institution is an equal opportunity provider.

**Lunch Prices**

Paid \$2.00    Reduced \$.40

Flip the page to check out NEW ways to get the menu!

**Daily Milk Choices**

Skim, 1% White, Chocolate Skim

Visit our website at [www.pasco.k12.fl.us/nutrition](http://www.pasco.k12.fl.us/nutrition) for more information on your child's school nutrition program.

Some menu variations occur by location. This menu is subject to change.

(V)=No Meat

\*May take grahams and/or cheese stick with PBJ Sandwich

Monday	Tuesday	Wednesday	Thursday	Friday
19	20	21	22	23
<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•BBQ Rib Sandwich</li> <li>•PB Dipper Box (v)</li> <li>•Sweet-N-Sour Chicken w/ or w/o Brown Rice</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Garden Side Salad</li> <li>Sweet Corn</li> <li>Orange Smiles</li> <li>Strawberry Peaches</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Hamburger Sliders</li> <li>•Cheeseburger Sliders</li> <li>•Italian Sub</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Fresh baby Carrots</li> <li>Potato Smiles</li> <li>Fresh Juicy Grapes</li> <li>Applesauce Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Lean Machine Combo (v)</li> <li>•Go Fish Basket</li> <li>•Nachos</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Popeye Side Salad</li> <li>Pinto Beans</li> <li>Fresh Apple Slices</li> <li>Peach Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Crispy Chicken Sandwich</li> <li>•Lasagna w/ Garlic Breadstick</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Italian Green Beans</li> <li>Cucumber Dipper</li> <li>Fresh Melon</li> <li>Pear Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•French Market Combo (v)</li> <li>•Pizza-Cheese or Pepperoni</li> <li>•Tuna Fishwich</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Caesar Side Salad</li> <li>Sweet Potato Bites</li> <li>Fresh Seasonal Fruit</li> <li>Raisins</li> <li>100% Fruit Juice</li> </ul>
26	27	28	29	30
<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Hummus Dipper Box (v)</li> <li>•Tuna Fishwich</li> <li>•Sloppy Joe Sandwich</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Garden Side Salad</li> <li>Glazed Carrots</li> <li>Orange Smiles</li> <li>Strawberry Peaches</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Shepard's Pie w/ or w/o Dinner Roll</li> <li>•Southwest Pizza</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Celery/Tomato Dipper</li> <li>Italian Green Beans</li> <li>Fresh Juicy Grapes</li> <li>Applesauce Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Lean Machine Combo (v)</li> <li>•Turkey Burger</li> <li>•Turkey Cheeseburger</li> <li>•Crispy Chicken Bites</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Popeye Side Salad</li> <li>Potato Roasters</li> <li>Fresh Apple Slices</li> <li>Peach Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Macaroni &amp; Cheese w/ Garlic Breadstick (v)</li> <li>•Go Fish Basket</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Fresh Baby Carrots</li> <li>Steamed Broccoli Florets</li> <li>Fresh Melon</li> <li>Pearsauce Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•French Market Combo (v)</li> <li>•Pizza-Cheese or Pepperoni</li> <li>•Deli Sub</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Caesar Side Salad</li> <li>Black Beans</li> <li>Fresh Seasonal Fruit</li> <li>Raisins</li> <li>100% Fruit Juice</li> </ul>
2	3	4	5	6
<p style="text-align: center;"><b>NO SCHOOL!</b></p> <p style="text-align: center;"><b>Labor Day</b></p>	<p><b>Entrées:</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Turkey &amp; Gravy w/ or w/o Dinner Roll</li> <li>•Tuna Fishwich</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Fresh baby Carrots</li> <li>Creamy Mashed Potatoes</li> <li>Fresh Juicy Grapes</li> <li>Applesauce Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Lean Machine Combo (v)</li> <li>•Hamburger</li> <li>•Cheeseburger</li> <li>•Nachos</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Popeye Side Salad</li> <li>Pinto Beans</li> <li>Fresh Apple Slices</li> <li>Peach Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Penne Pasta w/ Marinara (v) or Meatsauce w/ Breadstick</li> <li>•Cheesy Italian Dunkers w/ Marinara Sauce</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Cucumber Dipper</li> <li>Italian Green Beans</li> <li>Fresh Melon</li> <li>Pear Cup</li> <li>100% Fruit Juice</li> </ul>	<p><b>Entrees</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•French Market Combo (v)</li> <li>•Pizza-Cheese or Pepperoni</li> <li>•Cheesy Quesadilla (v)</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <ul style="list-style-type: none"> <li>Caesar Side Salad</li> <li>Seasoned Peas</li> <li>Fresh Seasonal Fruit</li> <li>Raisins</li> <li>100% Fruit Juice</li> </ul>

# ELEMENTARY LUNCH MENU

Pasco County Schools August & September 2013

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: right;">9</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Yogurt Dipper Box (v)</li> <li>•Scrambled Eggs w/ or w/o Biscuit (v)</li> <li>•Home-Style Pancakes (v) w/ or w/o Sausage Patty</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Garden Side Salad Potato Roasters Orange Smiles Strawberry Peaches 100% Fruit Juice</p>	<p style="text-align: right;">10</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Beef Teriyaki Nuggets w/ or w/o Egg Roll (v) And/Or Brown Rice</li> <li>•Grilled Cheese (v)</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Celery/Tomato Dipper Oriental Vegetables Fresh Juicy Grapes Applesauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">11</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Lean Machine Combo (v)</li> <li>•Cowboy BBQ w/ or w/o Dippin' Chips</li> <li>•Hamburger</li> <li>•Cheeseburger</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Cole Slaw Sweet Corn Fresh Apple Slices Peach Cup 100% Fruit Juice</p>	<p style="text-align: right;">12</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Chef Boyardee Ravioli w/ Garlic Breadstick</li> <li>•Tuna Fishwich</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Fresh Baby Carrots Steamed Broccoli Florets Fresh Melon Pearsauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">13</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•French Market Combo</li> <li>•Pizza- Cheese or Pepperoni</li> <li>•Deli Sub</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Caesar Side Salad Glazed Carrots Fresh Seasonal Fruit Raisins 100% Fruit Juice</p>
<p style="text-align: right;">16</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•BBQ Rib Sandwich</li> <li>•PB Dipper Box (v)</li> <li>•Sweet-N-Sour Chicken w/ or w/o Brown Rice</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Garden Side Salad Sweet Corn Orange Smiles Strawberry Peaches 100% Fruit Juice</p>	<p style="text-align: right;">17</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Hamburger Sliders</li> <li>•Cheeseburger Sliders</li> <li>•Italian Sub</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Fresh baby Carrots Potato Smiles Fresh Juicy Grapes Applesauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">18</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Lean Machine Combo (v)</li> <li>•Go Fish Basket</li> <li>•Nachos</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Popeye Side Salad Pinto Beans Fresh Apple Slices Peach Cup 100% Fruit Juice</p>	<p style="text-align: right;">19</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Crispy Chicken Sandwich</li> <li>•Lasagna w/ Garlic Breadstick</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Italian Green Beans Cucumber Dipper Fresh Melon Pear Cup 100% Fruit Juice</p>	<p style="text-align: right;">20</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•French Market Combo</li> <li>•Pizza- Cheese or Pepperoni</li> <li>•Tuna Fishwich</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Caesar Side Salad Sweet Potato Bites Fresh Seasonal Fruit Raisins 100% Fruit Juice</p>
<p style="text-align: right;">23</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Hummus Dipper Box (v)</li> <li>•Tuna Fishwich</li> <li>•Sloppy Joe Sandwich</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Garden Side Salad Glazed Carrots Orange Smiles Strawberry Peaches 100% Fruit Juice</p>	<p style="text-align: right;">24</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Shepard's Pie w/ or w/o Dinner Roll</li> <li>•Southwest Pizza</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Celery/Tomato Dipper Italian Green Beans Fresh Juicy Grapes Applesauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">25</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Lean Machine Combo (v)</li> <li>•Turkey Burger</li> <li>•Turkey Cheeseburger</li> <li>•Crispy Chicken Bites</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Popeye Side Salad Potato Roasters Fresh Apple Slices Peach Cup 100% Fruit Juice</p>	<p style="text-align: right;">26</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•Macaroni &amp; Cheese w/ Garlic Breadstick (v)</li> <li>•Go Fish Basket</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Fresh Baby Carrots Steamed Broccoli Florets Fresh Melon Pearsauce Cup 100% Fruit Juice</p>	<p style="text-align: right;">27</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•French Market Combo</li> <li>•Pizza- Cheese or Pepperoni</li> <li>•Deli Sub</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Caesar Side Salad Black Beans Fresh Seasonal Fruit Raisins 100% Fruit Juice</p>
<p style="text-align: right;">30</p> <p><b>Entrées</b></p> <ul style="list-style-type: none"> <li>•PBJ Sandwich* (v)</li> <li>•PB Dipper Box (v)</li> <li>•Roasted Chicken w/ or w/o Yellow Rice</li> <li>•Meatball Sub</li> </ul> <p><b>Veggie/Fruit Choices</b></p> <p>Garden Side Salad Steamed Broccoli Florets Orange Smiles Strawberry Peaches 100% Fruit Juice</p>	<div style="display: flex; justify-content: center; align-items: center;"> <div> <h2 style="margin: 0;">WAYS TO FIND OUT WHAT'S FOR LUNCH...</h2> <p style="margin: 5px 0;">In an effort to be more environmentally conscious this is the <u>last printed menu</u> that FNS will be sending home with your child. Starting with the October menu there will be several ways to view and/or print the menu:</p> <ul style="list-style-type: none"> <li><b>MOBILE MENU</b>- Want to view the lunch menu choices from your phone? Simply bookmark <a href="http://www.pasco.k12.fl.us/mobile">www.pasco.k12.fl.us/mobile</a> on your phone and select School Lunch Menus.</li> <li><b>FNS WEBSITE</b>- Visit our department webpage at <a href="http://www.pasco.k12.fl.us/nutrition/menus/">http://www.pasco.k12.fl.us/nutrition/menus/</a> and click on the menu you would like to view and/or print.</li> <li><b>ST. PETE TIMES/PASCO TIMES</b>- The cycle menu is printed in the Sunday newspaper.</li> </ul> <p style="margin-top: 10px;">The front office at your child's school will have a limited supply of the monthly menu on hand . FNS appreciates your support in an effort to be more green.</p> </div> </div>			