



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>12</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> Chicken Verde Tacos Seasoned Black Beans Peach Slices Assorted Low Fat Milk</p>	<p>13</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/ Meatsauce Herbed Green Beans 100% Fruit Juice Assorted Low Fat Milk</p>	<p>14</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> Macaroni &amp; Cheese Broccoli w/ Lite Ranch Dip Fresh Apple Slices Assorted Low Fat Milk</p>	<p>15</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> Cuban Sandwich Sweet Potato Bake Berry Blue Applesauce Assorted Low Fat Milk</p>	<p>16</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> Roasted Chicken Drumstick w/ Mashed Potatoes Orange Smiles Fresh Baked Roll Assorted Low Fat Milk</p>
<p>19</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> BBQ Roasted Chicken Fruited Gelatin Cheesy Garlic &amp; Herb Broccoli Fresh Baked Roll</p>	<p>20</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> Meatball &amp; Marinara Sub Sweet Kernel Corn Fruited Gelatin Crisp Garden Side Salad</p>	<p>21</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 Raisins Assorted Low Fat Milk</p>	<p>22</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> Turkey &amp; Swiss Croissant Applesauce Fruit Cup Baby Carrots w/ Lite Ranch Dip</p>	<p>23</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> Sweet &amp; Sour Chicken w/ Yellow Rice Seasoned Black Beans Fresh Apple Slices</p>
<p>26</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Grahams Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Sloppy Joe Sandwich Loaded Mashed Potatoes 100% Fruit Juice</p>	<p>27</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> Poke Rice Bowl Honey Glazed Carrots Applesauce Fruit Cup</p>	<p>28</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> Popcorn Chicken Bowl Sweet Kernel Corn Berry Blue Applesauce Fresh Baked Roll</p>	<p>29</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 Fresh Broccoli w/ Lite Ranch Dip 100% Fruit Juice</p>	<p>30</p> <p><b>BREAKFAST</b> Assorted Cereal w/ Strawberry Graham Crackers Peanut Butter &amp; Jelly Bar 100% Fruit Juice of Assorted Fruit Assorted Low Fat Milk</p> <p><b>LUNCH</b> Baja Carnita Tacos Seasoned Black Beans Applesauce Fruit Cup</p>