

HILLSBOROUGH COUNTY PUBLIC SCHOOLS

HIGH SCHOOL READY TO SERVE MENU

1 WEEK CYCLE MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAKFAST Eggo Mini Cinnamon Waffles w/ Syrup 100% Fruit Juice Assorted Low Fat Milk LUNCH Chicken & Waffles Syrup Cup Sliced Cucumbers w/ Lite Ranch Dip Applesauce Strawberry Cup Assorted Low Fat Milk	BREAKFAST Assorted Cereal w/ Goldfish Graham Crackers 100% Fruit Juice Assorted Low Fat Milk LUNCH Cuban Sandwich Baby Carrots w/ Lite Ranch Dip Fruited Gelatin 100% Fruit Juice Assorted Low Fat Milk	BREAKFAST Mini Blueberry Pancakes w/ Syrup 100% Fruit Juice Assorted Low Fat Milk LUNCH Popcorn Chicken Broccoli w/ Lite Ranch Dip Applesauce Strawberry Cup Cheez It Cheddar Crackers Assorted Low Fat Milk	BREAKFAST Banana Chocolate Chunk Protein Bar 100% Fruit Juice Assorted Low Fat Milk LUNCH Turkey and Cheese Croissant Baby Carrots w/ Lite Ranch Dip Assorted Fruit Cup 100% Fruit Juice Assorted Low Fat Milk	BREAKFAST Apple Cinnamon Chewy Bar 100% Fruit Juice Assorted Low Fat Milk LUNCH BBQ Pulled Chicken w/ Mini Slider Buns Assorted Fruit Cup 100% Fruit Juice Black Bean & Corn Salsa Assorted Low Fat Milk

	Eggs	Milk	Soy	Peanuts	Treenuts	Fish	Shellfish	Wheat
Breakfast								
Eggo mini cinnamon waffle	X	X	X					X
Assorted Kelloggs Cereal								X
Goldfish Crackers		X						X
Mini Blueberry Pancakes w/ syrup	X	X	X					X
Banana Chocolate chunk Bar	X	X	X					X
Apple Cinnamon Chewy Bar	X	X	X					X
100% Fruit Juice								
Assorted Low fat Milk		X						
Lunch								
Chicken & Waffles	X	X	X					X
Syrup Cup								
Cuban Sandwich		X						X
Popcorn Chicken		X	X					X
Turkey & Cheese Croissant	X	X	X					X
BBQ Pulled chicken Sliders								X
Sliced Cucumbers								
Baby Carrots								
Broccoli								
Lite Ranch	X	X						X
Applesauce								
Fruited Gelatin								
Strawberry cup								
Assorted Fruit Cup								
100% Fruit Juice								
Cheez it crackers		X	X					X
Black Bean & Corn Salsa								
Assorted Low Fat milk		X						