

October 2023-2024 HILLSBOROUGH COUNTY SCHOOL DISTRICT READY TO SERVE LUNCH MENU						
Cycle Week 4		MONDAY (10/2)	TUESDAY (10/3)	WEDNESDAY (10/4)	THURSDAY (10/5)	FRIDAY (9/8)
Breakfast	Entrée 1	Cocoa Protein Bar	Pumpkin Loaf	Glazed Bun	Pillsbury Apple Frudel	Mini Pancakes
	Fruit 1	Ocean Spray Craisins	Applesauce Cup	Fresh Orange	Fresh Apple Slices	Strawberry Apple Crisps
	Fruit 2	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Milk	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)
Lunch	Entrée 1	Buffalo Ranch Chicken Nachos w/Tostitos Scoops	Italian Baked Rotini w/Garlic Breadstick	Chicken and Yellow Rice	Baked Fried Chicken w/Cornbread Muffin	Sweet Chili Chicken Potstickers with Fried Rice
	Vegetable 1	Seasoned Green Beans	California Blend Vegetables	Seasoned Black Beans	Mashed Potatoes	Glazed Carrots
	Vegetable 2	Fresh Baby Carrots w/Ranch	Veggie Juice Box	Fresh Cucumbers w/Ranch	Grape Tomatoes w/Ranch	Fresh Broccoli w/Ranch
	Fruit 1	Fresh Apple Slices	Peach Cup	Fresh Red Grapes	Fresh Orange	Kiwi Strawberry Cool Tropics Slushie
	Fruit 2 (HS only)	Dried Cranberries (HS only)	Strawberry Apple Crisps (HS only)	Dried Cranberries (HS only)	Applesauce Cup (HS only)	Strawberry Apple Crisps (HS only)
	Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Cycle Week 1		MONDAY (10/9)	TUESDAY (10/10)	WEDNESDAY (10/11)	THURSDAY (10/12)	FRIDAY (10/13)
Breakfast	Entrée 1	Cocoa Protein Bar	Banana Loaf	Mini Cinnis	Pillsbury Cherry Frudel	Maple Waffle
	Fruit 1	Ocean Spray Craisins	Applesauce Cup	Fresh Orange	Fresh Apple Slices	Strawberry Apple Crisps
	Fruit 2	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Milk	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)
Lunch	Entrée 1	Cheesy Chili Walking Taco w/Fritos	Tuscan Rotini w/Meatsauce	Ropa Vieja w/Yellow Rice	Popcorn Chicken w/Brazilian Bun	General Tso Chicken w/Fried Rice
	Vegetable 1	Veggie Juice Box	Fresh Baby Carrots w/Ranch	Seasoned Black Beans	Mashed Potatoes	Glazed Carrots
	Vegetable 2	California Blend	Seasoned Green Beans	Fresh Cucumbers w/Ranch	Grape Tomatoes w/Ranch	Fresh Broccoli w/Ranch
	Fruit 1	Fresh Apple Slices	Peach Cup	Fresh Red Grapes	Fresh Orange	Blue Raspberry Cool Tropics Slushie
	Fruit 2 (HS only)	Dried Cranberries (HS only)	Strawberry Apple Crisps (HS only)	Dried Cranberries (HS only)	Applesauce Cup (HS only)	Dried Cranberries (HS only)
	Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk

Cycle Week 2		MONDAY (10/16)	TUESDAY (10/17)	WEDNESDAY (10/18)	THURSDAY (10/19)	FRIDAY (10/20)
Breakfast	Entrée 1	Banana Protein Bar	Pumpkin Loaf	Glazed Bun	Pillsbury Apple Frudel	Mini Pancakes
	Fruit 1	Ocean Spray Craisins	Applesauce Cup	Fresh Orange	Fresh Apple Slices	Strawberry Apple Crisps
	Fruit 2	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Milk	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)
Lunch	Entrée 1	Pulled Chicken BBQ Sandwich	Korean BBQ Chicken Wings w/2 Breadsticks	Chicken Teriyaki w/Fried Rice	Creamy Homeade Macaroni and Cheese	Southern Style Chicken Bites w/Cornbread Muffin
	Vegetable 1	Fresh Baby Carrots w/Ranch	Green Pepper Slices w/Ranch	Green Peas	Grape Tomatoes w/Ranch	Mashed Potatoes
	Vegetable 2	BBQ Baked Beans	Cheesy Garlic and Herb Broccoli	Fresh Cucumbers w/Ranch	Seasoned Green Beans	Fresh Baby Carrots w/Ranch
	Fruit 1	Fresh Apple Slices	Peach Cup	Fresh Red Grapes	Fresh Orange	Raspberry Passion Fruit Cool Tropics Slushie
	Fruit 2 (HS only)	Dried Cranberries (HS only)	Strawberry Apple Crisps (HS only)	Dried Cranberries (HS only)	Applesauce Cup (HS only)	Strawberry Apple Crisps (HS only)
	Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Cycle Week 3		MONDAY (10/23)	TUESDAY (10/24)	WEDNESDAY (10/25)	THURSDAY (10/26)	FRIDAY (10/27)
Breakfast	Entrée 1	Cocoa Protein Bar	Banana Loaf	Mini Cinnis	Pillsbury Cherry Frudel	Maple Waffle
	Fruit 1	Ocean Spray Craisins	Applesauce Cup	Fresh Orange	Fresh Apple Slices	Strawberry Apple Crisps
	Fruit 2	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Milk	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)
Lunch	Entrée 1	3 Cheese Cavatappi Pasta w/Garlic Breadstick	Meatball & Marinara Sub	Moroccan Spice Chicken and Rice	Popcorn Chicken w/Brazilian Bun	General Tso Chicken w/Fried Rice
	Vegetable 1	Fresh Baby Carrots w/Ranch	Lean and Green Steamed Broccoli	Seasoned Peas and Carrots	Mashed Potatoes	Fresh Baby Carrots w/Ranch
	Vegetable 2	Italian Herbed Green Beans	Veggie Juice Box	Fresh Cucumbers w/Ranch	BBQ Baked Beans	Herbed Cauliflower
	Fruit 1	Fresh Apple Slices	Peach Cup	Fresh Red Grapes	Fresh Orange	Kiwi Strawberry Cool Tropics Slushie
	Fruit 2 (HS only)	Dried Cranberries (HS only)	Strawberry Apple Crisps (HS only)	Dried Cranberries (HS only)	Applesauce Cup (HS only)	Dried Cranberries (HS only)
	Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk
Cycle Week 4		MONDAY (10/30)	TUESDAY (10/31)	WEDNESDAY (11/1)	THURSDAY (11/2)	FRIDAY (11/3)
Breakfast	Entrée 1	Cocoa Protein Bar	Pumpkin Loaf	Glazed Bun	Pillsbury Apple Frudel	Mini Pancakes
	Fruit 1	Ocean Spray Craisins	Applesauce Cup	Fresh Orange	Fresh Apple Slices	Strawberry Apple Crisps
	Fruit 2	100% Juice	100% Juice	100% Juice	100% Juice	100% Juice
	Milk	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)	White Milk (Low Fat and Skim)
Lunch	Entrée 1	Buffalo Ranch Chicken Nachos w/Tostitos Scoops	Italian Baked Rotini w/Garlic Breadstick	Chicken and Yellow Rice	Baked Fried Chicken w/Cornbread Muffin	Sweet Chili Chicken Potstickers with Fried Rice
	Vegetable 1	Seasoned Green Beans	California Blend Vegetables	Seasoned Black Beans	Mashed Potatoes	Glazed Carrots
	Vegetable 2	Fresh Baby Carrots w/Ranch	Veggie Juice Box	Fresh Cucumbers w/Ranch	Grape Tomatoes w/Ranch	Fresh Broccoli w/Ranch
	Fruit 1	Fresh Apple Slices	Peach Cup	Fresh Red Grapes	Fresh Orange	Paradise Punch Cool Tropics Fruit Slushie
	Fruit 2 (HS only)	Dried Cranberries (HS only)	Strawberry Apple Crisps (HS only)	Dried Cranberries (HS only)	Applesauce Cup (HS only)	Strawberry Apple Crisps (HS only)
	Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk	Assorted Milk