



HILLSBOROUGH COUNTY PUBLIC

SCHOOLS

STUDENT NUTRITION SERVICES
STUDENT FALL READY TO SERVE MASTER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Breakfast Cereal w/ Graham 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Sweet & Sour Chicken w/ Yellow Rice Baby Carrots with Ranch Fruit Cup Assorted Low Fat Milk</p> <p>High School –ONLY Offer juice as second fruit at lunch</p>	<p>Breakfast Apple Cinnamon Chewy Bar 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Cuban Sandwich Veggie Dippers w/ Ranch Raisins Assorted Low Fat Milk</p> <p>High School-ONLY- Offer juice as second fruit at lunch</p>	<p>Breakfast Eggo® Mini Blueberry Pancakes 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch BBQ Chicken Sandwich BBQ Baked Beans Fresh Apple Slices Assorted Low Fat Milk</p> <p>High School-ONLY Offer juice as second fruit at lunch</p>	<p>Breakfast Yogurt Fruit Smoothie w/ Graham 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Tuscan Chicken Alfredo Steamed Broccoli Apple Crisps Assorted Low Fat Milk</p> <p>High School-ONLY Offer juice as second fruit at lunch</p>	<p>Breakfast Banana Chocolate Chunk Protein Bar 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Baked Ziti Cucumbers with Ranch Fresh Orange Smiles Assorted Low Fat Milk</p> <p>High School-ONLY Offer juice as second fruit At lunch</p>
<p>Breakfast Cereal w/ Graham 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Tuscan Rotini & Meatballs Celery with Ranch Applesauce Fruit cup Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit at lunch</p>	<p>Breakfast Apple Cinnamon Chewy Bar 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch TACO TUESDAY Santa Fe Beef Tacos Seasoned Black Beans Fruit Cup Assorted Low Fat Milk</p> <p>High School ONLY Offer Juice as second fruit At lunch</p>	<p>Breakfast Eggo® Mini Cinnamon Waffles 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Teriyaki Chicken w/ Fried Rice Fresh Veggie Dippers Peach Slices Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit At lunch</p>	<p>Breakfast Yogurt Smoothie w/ Graham 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Mac n Cheese Crisp Garden Side Salad Fresh Apple Slices Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit At lunch</p>	<p>Breakfast Banana Chocolate Chunk Protein Bar 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Turkey & Swiss Croissant Carrots with Ranch Applesauce fruit cup Assorted Low Fat Milk</p> <p>High School-ONLY Offer juice as second fruit At lunch</p>
<p>Breakfast Cereal w/ Graham 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Meatball Marinara Sub Sweet Kernel Corn Assorted Fruit Cups Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit at lunch</p>	<p>Breakfast Apple Cinnamon Chewy Bar 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch TACO TUESDAY Baja Carnitas Tacos Herbed Green Beans Peach Slices Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit At lunch</p>	<p>Breakfast Eggo® Mini Blueberry Pancakes 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Chicken & Yellow rice Seasoned Black beans Applesauce Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit At lunch</p>	<p>Breakfast Yogurt Smoothie w/ Graham 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Ham & Cheese Croissant Veggie Dippers w/ ranch Apple Crisps Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit at lunch</p>	<p>Breakfast Banana Chocolate Chunk Protein Bar 100% Juice White Milk (Low Fat or Fat Free)</p> <p>Lunch Popcorn Chicken Cheez its Steamed Broccoli Assorted Fruit cups Assorted Low Fat Milk</p> <p>High School ONLY Offer juice as second fruit at lunch</p>

High School is to serve another serving of fresh fruit daily at Lunch-See note on each day's lunch menu.

* Indicates a vegetarian meal item.