



JANUARY 2023

K-12th Breakfast and Lunch Menu

Tampa Bay



MONDAY

2

Holiday

TUESDAY

3

Holiday

WEDNESDAY

4

Holiday

THURSDAY

5

BREAKFAST
Strawberry or Apple Chia Bar
with Greek Yogurt

LUNCH
Turkey Hot Dog
Bean Chili
Cucumber Slices

FRIDAY

6

BREAKFAST
Turkey Ham, Egg and Cheddar Bagel

LUNCH
Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries
Coleslaw

9

BREAKFAST
Mini Maple Chip Waffles

LUNCH
BBQ Chicken
Wheat Roll
Red Skin Potato Salad
Corn on the Cobb

10

BREAKFAST
Homemade Granola & Yogurt Cup

LUNCH
Crispy Beef Tacos
Refried Beans
Shredded Romaine & Tomato Salad

11

BREAKFAST
Denver Style Breakfast Burrito

LUNCH
Lasagna Rollup
Homemade Marinara
Garlic Breadstick
Garlic Green Beans

12

BREAKFAST
Biscuits & Jelly

LUNCH
Toasty Turkey Cheddar
Flatbread Sandwich
Homemade Pickle Chips
Veggie Quinoa Soup

13

BREAKFAST
Apple Pie Overnight Oats

LUNCH
Pepperoni or Cheese Pizza
Italian Seasoned Veggies
Veggie Ranch Cup

16

Holiday

17

BREAKFAST
Chicken Sausage Pancake Sandwich

LUNCH
Cheeseburger or Hamburger
Deluxe Deli Salad
Curly Fries

18

BREAKFAST
Toast & Strawberry Cream Cheese

LUNCH
Baked Chicken
Zucchini Slices
Rustic Mashed Potatoes with Gravy
Wheat Roll

19

BREAKFAST
Breakfast Pizza

LUNCH
Spaghetti & Meatballs
Homemade Marinara
Cheesy Garlic Breadstick
Caesar Salad

20

BREAKFAST
Sausage, Egg, & Cheese English Bob

LUNCH
Chicken or Fish Dippers
Sweet Potato Puffs
White Beans & Kale
Wheat Roll

23

BREAKFAST
Pancake & Turkey Sausage on a Stick

LUNCH
Veggie Pizza
Crumbly Ranch Cauliflower
Fresh Garden Salad with Croutons

24

BREAKFAST
Fresh Fruit Parfait

LUNCH
Fish & Chips
Zesty Broccoli

25

BREAKFAST
Banana Nut Muffin Top

LUNCH
Chicken Lo Mein
Asian Kale Salad

26

BREAKFAST
Strawberry or Apple Chia Bar
with Greek Yogurt

LUNCH
Turkey Hot Dog
Bean Chili
Cucumber Slices

27

BREAKFAST
Turkey Ham, Egg and Cheddar Bagel

LUNCH
Crispy Chicken or Fish Sandwich
Parmesan Carrot Fries
Coleslaw

30

BREAKFAST
Warm Biscuit

LUNCH
BBQ Chicken with Roll
Redskin Potato Sald
Corn on the Cobb

31

BREAKFAST
Snack'n Waffles

LUNCH
Turkey Club Sub
Veggie Quinoa Soup
Deluxe Deli Salad



OFFERED DAILY

AT BREAKFAST

- Assorted Fresh Fruit
- FF Milk / 1% Milk
- Fresh Fruit Juice
- Whole Grains
- Assorted Cereal & Cracker Pack

AT LUNCH

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk & 1% Milk

LEGEND

B: Breakfast
L: Lunch

NOTICE:

Due to COVID 19, product availability is not stable, and this menu is subject to change without notice based on availability

This institution is an equal opportunity provider.



JANUARY 2023 K-12th SUPER MENU Tampa Bay



MONDAY

2
Holiday

9
WG Sunbutter &
Jelly Sandwich
Cheese Stick
Cucumber
1% Milk or Fat Free Milk

16
Holiday

23
WG Mini Corn Dog
Cherry Tomatoes
1% Milk or Fat Free Milk

30
WG Pretzel Stick
Turkey Cubes
Cheese Cubes
Celery Sticks
1% Milk or Fat Free Milk

TUESDAY

3
Holiday

10
WG Turkey Wrap
Mini Deli Salad
1% Milk or Fat Free Milk

17
WG Pretzel Stick
Turkey Cubes
Cheese Cubes
Celery Sticks
1% Milk or Fat Free Milk

24
Turkey Ham Cubes
Hummus
WG Sunchips
Baby Carrots
1% Milk or Fat Free Milk

31
WG Chicken
& Cheese Quesadilla
Salsa Cup
1% Milk or Fat Free Milk

WEDNESDAY

4
Holiday

11
WG Turkey & Cheddar
Hoagie
Baby Carrots
1% Milk or Fat Free Milk

18
WG Bean &
Cheese Burrito
Broccoli Florets
1% Milk or Fat Free Milk

25
WG Flatbread
Hard Boiled Egg
PB Cup
Celery Sticks
1% Milk or Fat Free Milk



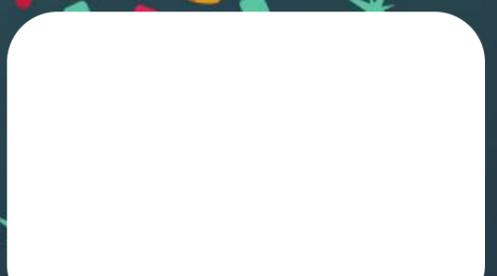
THURSDAY

5
WG Turkey &
Cheddar Hoagie
Mini Deli Salad
1% Milk or Fat Free Milk

12
WG Personal Pizza
Celery Sticks
1% Milk or Fat Free Milk

19
WG Flatbread
Shredded Mozzarella
Pepperoni
Marinara Cup
Cucumbers
1% Milk or Fat Free Milk

26
WG Turkey &
Cheddar Hoagie
Mini Deli Salad
1% Milk or Fat Free Milk



FRIDAY

6
WG Twisted
Cheesy Breadstick
Marinara Cup
1% Milk or Fat Free Milk

13
Mozzarella Pearls
Turkey Cubes
WG Sunchips
Cherry Tomatoes
1% Milk or Fat Free Milk

20
WG Mac &
Cheese with Broccoli
Turkey Jerky
Cherry Tomatoes
1% Milk or Fat Free Milk

27
WG Twisted
Cheesy Breadstick
Marinara Cup
1% Milk or Fat Free Milk



OFFERED DAILY

AT SUPPER

- Colorful Vegetables
- Assorted Fresh Fruit
- FF Milk
- 1% Milk
- Whole Grains

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