

FEBRUARY 2023

K-12 Breakfast and Lunch Menu

Tampa Bay

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1 **BREAKFAST**
Denver Style Breakfast Burrito

LUNCH
Lasagna Rollup
Garlic Breadstick
Marinara Sauce
Garlic Green Beans

2 **BREAKFAST**
Biscuits w/ Jelly

LUNCH
Toasty Turkey & Cheddar Panini
Homemade Pickle Chips
Veggie Quinoa Soup

3 **BREAKFAST**
Apple Pie Overnight Oats

LUNCH
Pizza
Veggie Ranch Cup
Italian Seasoned Veggies

6 **BREAKFAST**
French Toast Sticks

LUNCH
Cheeseburger or Hamburger
Baked Beans

7 **BREAKFAST**
Blueberry Muffin Top

LUNCH
Burrito Bowl
Shredded Romaine

8 **BREAKFAST**
WG Bagel w/ Cheese Stick

LUNCH
Fish and Chips
Carrot Craisin Salad

9 **BREAKFAST**
Breakfast Pizza

LUNCH
Spaghetti & Meatballs
Homemade Marinara
Cucumber Ranch Cup

10 **BREAKFAST**
Sausage, Egg & Cheese BOB

LUNCH
Crispy Chicken Sandwich
Curly Fries

13 **BREAKFAST**
Pancake & Sausage on a Stick

LUNCH
Veggie Pizza
Zucchini Bake

14 **BREAKFAST**
Granola & Danimals Yogurt Cup

LUNCH
Falafel or Spiced Chicken Pita
Tzatziki Sauce
Garbanzo Salad

15 **BREAKFAST**
Egg & Cheddar Bagel

LUNCH
Chicken Teriyaki & Not So Fried Rice
Roasted Broccoli and Mushrooms

16 **BREAKFAST**
Strawberry or Apple Cinnamon Bar and Greek Yogurt

LUNCH
Turkey Hot Dog
Curly Fries

17 **BREAKFAST**
Cocoa Banana Overnight Oats

LUNCH
Chicken Fingers
Wheat Roll
Sweet Potato Puffs

20 **BREAKFAST**
Warm Biscuits

LUNCH
BBQ Chicken Drumstick
Wheat Roll
Rustic Mashed Potatoes

21 **BREAKFAST**
Mini Maple Chip Waffles

LUNCH
Turkey Club Sub
Parmesan Carrot Fries

22 **BREAKFAST**
Granola & Danimals Yogurt Cup

LUNCH
Creamy Chicken Alfredo w/ WG Pasta
Zesty Lemon Broccoli

23 **BREAKFAST**
Potato, Egg & Cheese Breakfast Burrito

LUNCH
Crispy Beef Tacos
Refried Beans

24 **BREAKFAST**
Banana Nut Muffin Tops

LUNCH
Pepperoni or Cheese Pizza
Roasted Cauliflower

27 **BREAKFAST**
French Toast Sticks

LUNCH
Cheeseburger or Hamburger
Baked Beans

28 **BREAKFAST**
Blueberry Muffin Tops

LUNCH
Burrito Bowl
Shredded Romaine



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

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.

FEBRERO 2023

K-12 Supper Menu

Tampa Bay

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Blank menu box for Monday

Blank menu box for Tuesday

1
WG Turkey &
Cheddar Hoagie
Baby Carrots

2
WG Personal Pizza
Celery Sticks

3
Mozzarella Pearls
Turkey Cubes
WG Sun Chips
Cherry Tomatoes

6
WG Chicken & Cheese
Burrito
Cucumber

7
WG Turkey Wrap
Mini Deli Salad

8
WG Turkey & Cheddar
Hoagie
Baby Carrots

9
WG Personal Pizza
Celery Sticks

10
Turkey Cubes
Cheese Stick
WG Sunchips
Cherry Tomatoes

13
WG Mini Corn Dog
Cherry Tomatoes

14
Turkey Ham Cubes
Bean Dip
WG Sun Chips
Baby Carrots

15
WG Flatbread
Hardboiled Egg
PB Cup
Celery Sticks

16
WG Turkey & Cheddar
Hoagie
Mini Deli Salad

17
WG Mozzarella Sticks
Marinara Cup

20
Turkey Cubes
Cheese Cubes
WG Pretzel Bites
Celery Sticks

21
WG Chicken
Quesadilla
Salsa Cup

22
WG Bean & Cheese
Burrito
Broccoli Florets

23
WG Flatbread
Shredded Mozzarella
Pepperoni
Marinara Cup

24
WG Mac & Cheese
w/Broccoli
Cherry Tomatoes

27
WG Chicken & Cheese
Burrito
Cucumber

28
WG Turkey Wrap
Mini Deli Salad

Blank menu box for Wednesday

Blank menu box for Thursday

Blank menu box for Friday



OFFERED DAILY



AT SUPPER

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



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