

Hello  
Spring

# MARCH 2023 K-12 Breakfast and Lunch Menu Tampa Bay



## MONDAY

**BREAKFAST**  
Pancake & Sausage on a Stick

**LUNCH**  
Veggie Pizza  
Zucchini Bake

## TUESDAY

**BREAKFAST**  
WG Bagel w/ Cheese Stick

**LUNCH**  
Fish and Chips  
Carrot Craisin Salad

## WEDNESDAY

**BREAKFAST**  
WG Bagel w/ Cheese Stick

**LUNCH**  
Fish and Chips  
Carrot Craisin Salad

## THURSDAY

**BREAKFAST**  
Breakfast Pizza

**LUNCH**  
Spaghetti & Meatballs  
Homemade Marinara  
Cucumber Ranch Cup

## FRIDAY

**BREAKFAST**  
Sausage, Egg and Cheese Bob

**LUNCH**  
Crispy Chicken Sandwich  
Curly Fries

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

**LUNCH**  
Veggie Pizza  
Zucchini Bake

**7** **BREAKFAST**  
Granola & Danimals Yogurt Cup

**LUNCH**  
Falafel or Spiced Chicken Pita  
Tzatziki Sauce  
Garbanzo Salad

**8** **BREAKFAST**  
Egg & Cheddar Bagel

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

**9** **BREAKFAST**  
Apple Cinnamon or Strawberry Bar w/  
Yogurt

**LUNCH**  
Turkey Hot Dog  
Curly Fries

**10** **BREAKFAST**  
Cocoa Banana Overnight Oats

**LUNCH**  
Chicken Fingers  
Wheat Roll  
Sweet Potato Puffs

**13**  
*Spring Break*

**14**  
*Spring Break*

**15**  
*Spring Break*

**16**  
*Spring Break*

**17**  
*Spring Break*

**20**  
Professional Development Day  
No Classes

**21** **BREAKFAST**  
French Toast Sticks

**LUNCH**  
Cheeseburger or Hamburger  
Baked Beans

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

**LUNCH**  
Fish and Chips  
Carrot Craisin Salad

**23** **BREAKFAST**  
Breakfast Pizza

**LUNCH**  
Spaghetti & Meatballs  
Homemade Marinara  
Cucumber Ranch Cup

**24** **BREAKFAST**  
Sausage, Egg and Cheese Bob

**LUNCH**  
Crispy Chicken Sandwich  
Curly Fries

**27** **BREAKFAST**  
Cinni Minis

**LUNCH**  
Veggie Pizza  
Zucchini Bake

**28** **BREAKFAST**  
Panoramic Pancake Sandwich

**LUNCH**  
Falafel or Spiced Chicken Pita  
Tzatziki Sauce  
Garbanzo Salad

**29** **BREAKFAST**  
Egg & Cheddar Bagel

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

**30** **BREAKFAST**  
Farmhouse Chicken & Waffles  
Sandwich

**LUNCH**  
Turkey Hot Dog  
Curly Fries

**31** **BREAKFAST**  
Creamy Grits

**LUNCH**  
Chicken Fingers  
Wheat Roll  
Sweet Potato Puffs



### 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.

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# MARCH 2023 K-12<sup>th</sup> SUPPER MENU Tampa Bay



## MONDAY

5

## TUESDAY

6

## WEDNESDAY

1  
WG Turkey &  
Cheddar Hoagie  
Baby Carrots

## THURSDAY

2  
WG Personal Pizza  
Celery Sticks

## FRIDAY

3  
Cheese Stick  
Turkey Cubes  
WG Sunships  
Cherry Tomatoes

6  
WG Mini Corn Dog  
Cherry Tomatoes

7  
Turkey Cubes  
Bean Dip  
WG Sun Chips  
Baby Carrots

8  
WG Flatbread  
Hardboiled Egg  
PB Cup  
Celery Sticks

9  
WG Turkey &  
Cheddar Hoagie  
Mini Deli Salad

10  
WG Mozzarella Sticks  
Marinara Cup

13  
*Spring Break*

14  
*Spring Break*

15  
*Spring Break*

16  
*Spring Break*

17  
*Spring Break*

20  
Professional  
Development Day  
No Classes

21  
WG Chicken and  
Cheese Burrito  
Cucumber

22  
WG Turkey &  
Cheddar Hoagie  
Baby Carrots

23  
WG Personal Pizza  
Celery Sticks

24  
Cheese Stick  
Turkey Cubes  
WG Sunships  
Cherry Tomatoes

27  
WG Mini Corn Dog  
Cherry Tomatoes

28  
Turkey Cubes  
Bean Dip  
WG Sun Chips  
Baby Carrots

29  
WG Flatbread  
Hardboiled Egg  
PB Cup  
Celery Sticks

30  
WG Turkey &  
Cheddar Hoagie  
Mini Deli Salad

31  
WG Mozzarella Sticks  
Marinara Cup



### OFFERED DAILY

### AT SUPPER

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

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