

MAY 2023

K-12 Breakfast and Lunch Menu

Tampa Bay



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.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

1	BREAKFAST French Toast Sticks	2	BREAKFAST Blueberry Muffin Top	3	BREAKFAST WG Bagel w/ Cheese Stick	4	BREAKFAST Breakfast Pizza	5	BREAKFAST Sausage, Egg & Cheese BOB
	LUNCH Cheeseburger or Hamburger Baked Beans		LUNCH Burrito Bowl Shredded Romaine		LUNCH Fish and Chips Carrot Craisin Salad		LUNCH Spaghetti & Meatballs Homemade Marinara Cucumber Ranch Cup		LUNCH Crispy Chicken Sandwich Curly Fries
8	BREAKFAST Pancake & Sausage on a Stick	9	BREAKFAST Granola & Danimals Yogurt Cup	10	BREAKFAST Egg & Cheddar Bagel	11	BREAKFAST Apple Cinnamon or Strawberry Bar w/ Yogurt	12	BREAKFAST Cocoa Banana Overnight Oats
	LUNCH Veggie Pizza Zucchini Bake		LUNCH Falafel or Spiced Chicken Pita Tzatziki Sauce Garbanzo Salad		LUNCH Chicken Teriyaki & Not So Fried Rice Roasted Broccoli and Mushrooms		LUNCH Turkey Hot Dog Curly Fries		LUNCH Chicken Fingers Wheat Roll Sweet Potato Puffs
15	BREAKFAST Warm Biscuits	16	BREAKFAST Mini Maple Chip Waffles	17	BREAKFAST Granola & Danimals Yogurt Cup	18	BREAKFAST Potato, Egg & Cheese Breakfast Burrito	19	BREAKFAST Banana Nut Muffin Tops
	LUNCH BBQ Chicken Drumstick Wheat Roll Rustic Mashed Potatoes		LUNCH Turkey Club Sub Parmesan Carrot Fries		LUNCH Creamy Chicken Alfredo w/ WG Pasta Zesty Lemon Broccoli		LUNCH Crispy Beef Tacos Refried Beans		LUNCH Pepperoni or Cheese Pizza Roasted Cauliflower
22	BREAKFAST French Toast Sticks	23	BREAKFAST Blueberry Muffin Top	24	BREAKFAST WG Bagel w/ Cheese Stick	25	BREAKFAST Breakfast Pizza	26	BREAKFAST Sausage, Egg & Cheese BOB
	LUNCH Cheeseburger or Hamburger Baked Beans		LUNCH Burrito Bowl Shredded Romaine		LUNCH Fish and Chips Carrot Craisin Salad		LUNCH Spaghetti & Meatballs Homemade Marinara Cucumber Ranch Cup		LUNCH Crispy Chicken Sandwich Curly Fries
29	No School	30	BREAKFAST Pancake & Sausage on a Stick	31	BREAKFAST Egg & Cheddar Bagel				
			LUNCH Veggie Pizza Zucchini Bake		LUNCH Chicken Teriyaki & Not So Fried Rice Roasted Broccoli and Mushrooms				

MAY 2023

K-12th SUPER MENU

Tampa Bay



OFFERED DAILY



AT SUPPER

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



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	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1	WG Chicken & Cheese Burrito Cucumber	2 WG Turkey Wrap Mini Deli Salad	3 WG Turkey & Cheddar Hoagie Baby Carrots	4 WG Personal Pizza Celery Sticks	5 Cheese Stick Turkey Cubes WG Sunships Cherry Tomatoes
8	WG Mini Corn Dog Cherry Tomatoes	9 Turkey Ham Cubes Bean Dip WG Sunchips Baby Carrots	10 WG Flatbread Hardboiled Egg PB Cup Celery Sticks	11 WG Turkey & Cheddar Hoagie Mini Deli Salad	12 WG Mozzarella Sticks Marinara Cup
15	Turkey Cubes Cheese Cubes WG Pretzel Stick Celery Sticks	16 WG Chicken Quesadilla Salsa Cup	17 WG Bean & Cheese Burrito Broccoli Florets	18 WG Flatbread Shredded Mozzarella Pepperoni Marinara Cup	19 WG Mac & Cheese w/ Broccoli Cherry Tomatoes
22	WG Chicken & Cheese Burrito Cucumber	23 WG Turkey Wrap Mini Deli Salad	24 WG Turkey & Cheddar Hoagie Baby Carrots	25 WG Personal Pizza Celery Sticks	26 Cheese Stick Turkey Cubes WG Sunships Cherry Tomatoes
29	No School	30 WG Mini Corn Dog Cherry Tomatoes	31 WG Flatbread Hardboiled Egg PB Cup Celery Sticks		