



K-12 Breakfast and Lunch Menu

TAMPA BAY
WEDNESDAY

THURSDAY

FRIDAY

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 BREAKFAST Cocoa Banana Overnight Oats LUNCH Popcorn Chicken Bites Wheat Roll Sweet Potato Puffs
4 BREAKFAST Warm Biscuits LUNCH BBQ Chicken Drumstick Wheat Roll Rustic Mashed Potatoes	5 BREAKFAST Mini Maple Chip Waffles LUNCH Turkey Club Sub Parmesan Carrot Fries	6 BREAKFAST Granola and Danimals Yogurt Cup LUNCH Creamy Chicken Alfredo w/Garlic Breadstick Zesty Lemon Broccoli	7 BREAKFAST Potato, Egg & Cheese Breakfast Burrito LUNCH Crispy Beef Tacos Refried Beans	8 BREAKFAST Banana Nut Muffin Tops LUNCH Cheese Pizza or Tony's Pepperoni Pizza Roasted Cauliflower
11 BREAKFAST WG French Toast Sticks LUNCH Beefsteak Burger or Beefsteak Cheeseburger Baked Beans	12 BREAKFAST Gingerbread Muffin Tops LUNCH Holiday Meal	13 BREAKFAST Whole Grain Bagel & Cheese Stick LUNCH Fish and Chips Carrot Craisin Salad	14 BREAKFAST Breakfast Pizza LUNCH Spaghetti and Meatballs Homemade Marinara Sauce Cucumber Ranch Cup	15 BREAKFAST Sausage, Egg & Cheese BoB LUNCH Crispy Chicken Sandwich Curly Fries
18	19	20	21	22



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 About Menu Changes:
Although we strive to serve the scheduled menu, the menu may change without prior notice based on product availability

Non – Discrimination Statement
In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation in the administration of the snap program), disability, age, or reprisal or retaliation for prior civil rights activity



IDEA
Public Schools

Supper Menu

TAMPA BAY

MONDAY

TUESDAY

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FRIDAY



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- Assorted Fresh Fruit
- FF Milk & 1% Milk
- Whole Grains

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1

WG Mozzarella Sticks w/Marinara Cup

8

WG Creamy Mac & Cheese
Cherry Tomatoes

15

Cheese Stick, Turkey Cubes, WG
Sunchips
Cherry Tomatoes

22

29

4

Turkey Cubes, Cheese Cubes,& WG
Pretzel Stick
Celery Sticks

11

WG Bean and Cheese Burrito
Cucumber Slices

18

25

5

WG Chicken Quesadilla
Salsa

12

WG Sliced Turkey Wrap
Mini Deli Salad

19

26

6

WG Bean and Cheese Burrito
Broccoli Florets

13

WG Turkey & Cheddar Hoagie
Fresh Baby Carrots

20

27

7

WG Flatbread, Mozzarella,
Pepperoni & Marinara Cup

14

WG Pepperoni Pizza
Celery Sticks

21

28



Winter Break



Winter Break

