



K-12 Breakfast and Lunch Menu

TAMPA BAY
WEDNESDAY

MONDAY

TUESDAY

THURSDAY

FRIDAY



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

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



Winter Break



25

26

27

28

29



Winter Break





Supper Menu

TAMPA BAY

WEDNESDAY

THURSDAY

FRIDAY



Offered Daily at Supper

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

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				1
				WG Mozzarella Sticks w/Marinara Cup
4	5	6	7	8
Turkey Cubes, Cheese Cubes, & WG Pretzel Stick Celery Sticks	WG Chicken Quesadilla Salsa	WG Bean and Cheese Burrito Broccoli Florets	WG Flatbread, Mozzarella, Pepperoni & Marinara Cup	WG Creamy Mac & Cheese Cherry Tomatoes
11	12	13	14	15
WG Bean and Cheese Burrito Cucumber Slices	WG Sliced Turkey Wrap Mini Deli Salad	WG Turkey & Cheddar Hoagie Fresh Baby Carrots	WG Pepperoni Pizza Celery Sticks	Cheese Stick, Turkey Cubes, WG Sunchips Cherry Tomatoes
18	19	20	21	22



Winter Break



Winter Break