



JANUARY

K-12 Breakfast and Lunch Menu Tampa Bay

2024

MONDAY

TUESDAY

WEDNESDAY

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

1

 **Winter Break** 

2

3

4

BREAKFAST

Breakfast Pizza

LUNCH

Spaghetti and Meatballs
w/Homemade Marinara Sauce
Cucumber Ranch Cup

5

BREAKFAST

Sausage, Egg & Cheese BoB

LUNCH

Crispy Chicken Sandwich
Curly Fries

8

BREAKFAST

Pancake & Sausage on a stick

Veggie Pizza
Zucchini Bake

9

BREAKFAST

Granola and Danimals Yogurt Cup

Falafel or Spiced Chicken Pita
Garbanzo Salad

10

BREAKFAST

Pumpkin Parfait

Chicken Teriyaki
Not-so-Fried Rice
Roasted Broccoli & Mushroom

11

BREAKFAST

Apple Cinnamon Bar & Yogurt Cup
Strawberry Bar & Yogurt Cup

Turkey Hot Dog
Curly Fries

12

BREAKFAST

Cocoa Banana Overnight Oats

Popcorn Chicken
Wheat Roll
Sweet Potato Puffs

15

NO SCHOOL



16

BREAKFAST

Warm Biscuits

BBQ Chicken Drumstick
Wheat Roll
Rustic Mashed Potatoes

17

BREAKFAST

Granola and Danimals Yogurt Cup

Creamy Chicken Alfredo w/Garlic Breadstick
Zesty Lemon Broccoli

18

BREAKFAST

Potato, Egg & Cheese Burrito

Crispy Beef Tacos
Refried Beans

19

BREAKFAST

Gingerbread Muffin Tops

Cheese or Pepperoni Pizza
Roasted Cauliflower

22

BREAKFAST

French Toast Sticks

LUNCH

Hamburger or Cheeseburger
Baked Beans

23

BREAKFAST

Blueberry Muffin Tops

LUNCH

Burrito Bowl
Shredded Romaine Salad

24

BREAKFAST

WG Bagel & Cheese Stick

LUNCH

Fish & Chips
Wheat Roll
Carrot Craisin Salad

25

BREAKFAST

Breakfast Pizza

LUNCH

Spaghetti and Meatballs
w/Homemade Marinara Sauce
Cucumber Ranch Cup

26

BREAKFAST

Sausage, Egg & Cheese BoB

LUNCH

Crispy Chicken Sandwich
Curly Fries

29

BREAKFAST

Cinni-Minis

LUNCH

Popcorn Chicken or Fish Dippers
Wheat Dinner Roll
Crinkle Cut Fries
Fresh Garden Salad

30

BREAKFAST

Bacon, Egg, Pancake Sandwich

LUNCH

Salisbury Steak w/ Mushroom Gravy &
Wheat Roll
Country Style Green Beans

31

BREAKFAST

Creamy Grits

LUNCH

Shrimp Poboy
Deluxe Deli Salad
Cajun Corn on the Cob





JANUARY 2024

Supper Menu

Tampa Bay

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 	2	3	4 WG Personal Pizza Celery Sticks	5 Cheese Stick, Turkey Cubes, Sunchips Cherry Tomatoes
8 WG Mini Corn Dog Cherry Tomatoes	9 Cheese Stick, Turkey Cubes, Sunchips Fresh Baby Carrots	10 WG Flatbread w/ Hard Boiled Egg & PB Cup Celery Sticks	11 WG Turkey & Cheddar Hoagie Mini Deli Salad	12 WG Mozzarella Sticks Marinara Cup
15 NO SCHOOL 	16 WG Pretzel Stick, Turkey Cubes, Cheese Cubes Celery Sticks	17 WG Bean and Cheese Burrito Broccoli Florets	18 WG Flatbread, Mozzarella, Pepperoni & Marinara Cup	19 WG Creamy Mac & Cheese Cherry Tomatoes
22 WG Bean & Cheese Burrito Cucumber Slices	23 WG Sliced Turkey Wrap Mini Deli Salad	24 WG Turkey & Cheddar Hoagie Fresh Baby Carrots	25 WG Pepperoni Pizza Celery Sticks	26 Turkey Cubes, Cheese Stick & WG Sunchips Cherry Tomatoes
29 WG Turkey Hot Dog	30 WG Pizzaboli w/Marinara Cup	31 WG Chicken Fried Rice Celery Sticks		



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- Whole Grains

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