

# February

## K-12 Breakfast and Lunch Menu

### Tampa Bay

#### MONDAY

#### TUESDAY

#### WEDNESDAY

#### THURSDAY

#### FRIDAY

1

##### BREAKFAST

Sausage & Cheese English Muffin

##### LUNCH

Sloppy Joe  
Baked Chips  
Carrot Craisin Salad  
Gamer Garbanzos

2

##### BREAKFAST

Plain Bagel

##### LUNCH

Cheese Pizza or Pepperoni Pizza  
Breaded Zucchini Chunks



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

5

Bagel Breakfast Pizza

##### LUNCH

Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich  
Crinkle Cut Fries  
Deluxe Deli Salad

6

Bacon, Egg and Bean Breakfast Burrito

##### LUNCH

Glazed Chicken  
Brown Rice  
Maduros

7

##### BREAKFAST

Peaches & Cream Overnight Oats

##### LUNCH

Meatball Sub  
Homemade Marinara Sauce  
Veggie Ranch Cup

8

##### BREAKFAST

Pancake On a Stick

##### LUNCH

Island Blossom Chicken Bowl  
Umami Broccoli

9

##### BREAKFAST

Turkey Ham and Cheddar Breakfast  
Croissant

##### LUNCH

Beef Nachos  
Diced Tomato Cup  
Refried Beans

12

Cinnamon or Blueberry Snack'N Waffles

##### LUNCH

Crispy Baked Chicken  
Wheat Roll  
Rustic Mashed Potatoes w/Gravy

13

Bean & Cheese Burrito

##### LUNCH

Chicken Enchiladas  
Charro Beans

14

Warm Biscuit or Sausage Biscuit

##### LUNCH

Shredded BBQ Pork Sandwich  
Tangy Vinegar Slaw

15

##### BREAKFAST

Ham & Cheese Omelet Pocket

##### LUNCH

Creamy Chicken Alfredo w/Garlic Breadstick  
Seasoned Carrots

16

##### BREAKFAST

Chicken and Waffle Sandwich

##### LUNCH

Beefsteak Burger or Beefsteak Cheeseburger  
Curly Fries  
Deluxe Deli Salad

19

No School

20

##### BREAKFAST

Cinni Minis

##### LUNCH

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

21

##### BREAKFAST

Creamy Grits

##### LUNCH

Shrimp PoBoy  
Cajun Corn on the Cob  
Deluxe Deli Salad

22

##### BREAKFAST

Sausage & Cheese English Muffin

##### LUNCH

Sloppy Joe  
Baked Chips  
Carrot Craisin Salad  
Gamer Garbanzos

23

##### BREAKFAST

Plain Bagel

##### LUNCH

Cheese or Pepperoni Pizza  
Breaded Zucchini Chunks

26

Bagel Breakfast Pizza

##### LUNCH

Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich  
Crinkle Cut Fries  
Deluxe Deli Salad

27

Bacon, Egg and Bean Breakfast Burrito

##### LUNCH

Glazed Chicken  
Brown Rice  
Maduros

28

##### BREAKFAST

Peaches & Cream Overnight Oats

##### LUNCH

Meatball Sub  
Homemade Marinara Sauce  
Veggie Ranch Cup

29

##### BREAKFAST

Pancake On a Stick

##### LUNCH

Island Blossom Chicken Bowl  
Umami Broccoli

# February

## Supper Menu

Tampa Bay

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

			1 Cheesy Bean Dip w/ WG Tostitos	2 WG Chicken & Cheese Burrito Mini Shredded Romaine Tomato Salad
5 WG Pretzel, Turkey Stick, & Cheese Dip Fresh Baby Carrots	6 WG Twisted WG Cheesy Breadstick w/Marinara Cup	7 WG Chicken Dippers Cucumber	8 WG Classic Chicken Salad Sandwich Mini Deli Salad	9 WG Cheeseburger S'wich Celery Sticks
12 Cheddar Chex Mix, Turkey Stick & Cheese Cubes Cherry Tomatoes	13 Fresh Fruit & Yogurt Parfait w/WG Granola Cucumber Slices	14 WG Beef, Bean & Cheese Fiesta Burrito Salsa Cup	15 WG Personal Turkey Pepperoni Pizza Marinara Cup	16 Hummus, Turkey Stick &WG Sunchips Celery Sticks
19 No School	20 WG Turkey Hot Dog Ranch Style Beans	21 WG Chicken Fried Rice Celery Sticks	22 Cheesy Bean Dip w/ WG Tostitos Salsa Cup	23 WG Chicken & Cheese Burrito Mini Shredded Romaine & Tomato Salad
26 WG Pretzel, Turkey Stick, & Cheese Dip Fresh Baby Carrots	27 WG Twisted WG Cheesy Breadstick w/Marinara Cup	28 WG Chicken Dippers Cucumber Slices	29 WG Classic Chicken Salad Sandwich Mini Deli Salad	



### Offered Daily at Supper

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

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