

MAY

K-12 BREAKFAST AND LUNCH MENU

TAMPA BAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

Breakfast and Lunch is FREE for ALL IDEA Students

		1 BREAKFAST Peaches & Cream Overnight Oats LUNCH Meatball Sub Homemade Marinara Sauce Veggie Ranch Cup	2 BREAKFAST Pancake On a Stick LUNCH Island Blossom Chicken Bowl Umami Broccoli	3 BREAKFAST Turkey Ham and Cheddar Breakfast Croissant LUNCH Beef Nachos Diced Tomato Cup Refried Beans
6 BREAKFAST Snack'n Waffles LUNCH Crispy Baked Chicken Wheat Roll Homestyle Kale Greens Rustic Mashed Potatoes w/Gravy	7 BREAKFAST Bean and Cheese Burrito LUNCH Chicken Enchiladas Charro Beans	8 BREAKFAST Sausage Biscuit or Warm Biscuit LUNCH Shredded BBQ Pork Sandwich Tangy Vinegar Slaw	9 BREAKFAST Ham & Cheese Omelet Pocket LUNCH Creamy Chicken Alfredo w/Garlic Breadstick Seasoned Carrots	10 BREAKFAST Chicken and Waffle Sandwich LUNCH Beefsteak Burger or Beefsteak Cheeseburger Curly Fries Deluxe Deli Salad
13 BREAKFAST Cinni Minis LUNCH Fish Dippers or Popcorn Chicken Bites Wheat Roll Crinkle Cut Fries Fresh Garden Salad	14 BREAKFAST Bacon, Egg & Cheese Pancake Sandwich LUNCH Salisbury Steak w/ Mushroom Gravy Wheat Roll Country Style Green Beans	15 BREAKFAST Creamy Grits LUNCH Shrimp Po Boy Cajun Corn on the Cob Deluxe Deli Salad	16 BREAKFAST Sausage & Cheese English Muffin LUNCH Sloppy Joe Baked Chips Carrot Craisin Salad Gamer Garbanzos	17 BREAKFAST Plain Bagel LUNCH Cheese or Pepperoni Pizza Breaded Zucchini Chunks
20 BREAKFAST Breakfast Bagel Pizza LUNCH Crispy Chicken Sandwich or Crispy Fish Sandwich or Spicy Crispy Chicken Sandwich Crinkle Cut Fries Deluxe Deli Salad	21 BREAKFAST Bacon, Egg & Bean Breakfast Burrito LUNCH Glazed Chicken Brown Rice Maduros	22 BREAKFAST Peaches & Cream Overnight Oats LUNCH Meatball Sub Homemade Marinara Sauce Veggie Ranch Cup	23 BREAKFAST Pancake On a Stick LUNCH Island Blossom Chicken Bowl Umami Broccoli	24 BREAKFAST Turkey Ham and Cheddar Breakfast Croissant LUNCH Beef Nachos Diced Tomato Cup Refried Beans
27 NO SCHOOL	28 BREAKFAST Snack'n Waffles LUNCH Crispy Baked Chicken Wheat Roll Homestyle Kale Greens Rustic Mashed Potatoes w/Gravy	29 BREAKFAST Warm Biscuit LUNCH Shredded BBQ Pork Sandwich Tangy Vinegar Slaw	30 BREAKFAST Ham & Cheese Omelet Pocket LUNCH Creamy Chicken Alfredo w/Garlic Breadstick Seasoned Carrots	31 BREAKFAST Chicken and Waffle Sandwich LUNCH Beefsteak Burger or Beefsteak Cheeseburger Curly Fries Deluxe Deli Salad



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

MAY

SUPPER MENU

TAMPA BAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Did you know?

Breakfast and Lunch is FREE for ALL IDEA Students

1

WG Chicken Dippers
Cucumber Slices

2

WG Classic Chicken Salad Sandwich
Mini Deli Salad

3

WG Cheeseburger S'wich
Celery Sticks

6

WG Cheddar Chex Mix, Turkey Stick & Cheese Cubes
Cherry Tomatoes

7

Fresh Fruit & Yogurt Parfait w/ WG Granola
Cucumber Slices

8

WG Beef, Bean & Cheese Fiesta Burrito

9

WG Personal Turkey Pepperoni Pizza
Marinara Cup

10

Hummus, Turkey Stick & WG Sunchips
Celery Sticks

13

WG Turkey Hot Dog
Ranch Style Beans

14

WG Pizzaboli w/ Marinara Cup

15

WG Chicken Fried Rice
Cucumber Slices

16

Cheesy Bean Dip w/ WG Tostitos
Salsa Cup

17

WG Beef, Bean & Cheese Fiesta Burrito
Mini Shredded Romaine Tomato Salad

20

WG Pretzel, Turkey Stick, & Cheese Dip
Fresh Baby Carrots

21

Twisted WG Cheesy Breadstick w/Marinara Cup

22

WG Chicken Dippers
Cucumber Slices

23

WG Classic Chicken Salad Sandwich
Mini Deli Salad

24

WG Cheeseburger S'wich
Celery Sticks

27

NO SCHOOL

28

WG Cheddar Chex Mix, Turkey Stick & Cheese Cubes
Cherry Tomatoes

29

WG Beef, Bean & Cheese Fiesta Burrito

30

WG Personal Turkey Pepperoni Pizza
Marinara Cup

31

Hummus, Turkey Stick & WG Sunchips
Celery Sticks



Offered Daily at Supper

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

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