

HILLSBOROUGH COUNTY PUBLIC

SCHOOLS

STUDENT NUTRITION SERVICES STUDENT FALL READY TO SERVE MASTER MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal w/ Graham	Apple Cinnamon Chewy Bar	Eggo® Mini Blueberry	Yogurt Fruit Smoothie w/	Banana Chocolate Chunk
100% Juice	100% Juice	Pancakes	Graham	Protein Bar
White Milk (Low Fat or Fat	White Milk (Low Fat or Fat	100% Juice	100% Juice	100% Juice
Free)	Free)	White Milk (Low Fat or Fat	White Milk (Low Fat or Fat	White Milk (Low Fat or Fat
Lunch		Free)	Free)	Free) Lunch
Sweet & Sour Chicken w/	Lunch	Lunch	Lunch	Baked Ziti
Yellow Rice	Cuban Sandwich	BBQ Chicken Sandwich	Tuscan Chicken Alfredo	Cucumbers with Ranch
Baby Carrots with Ranch	Veggie Dippers w/ Ranch	BBQ Baked Beans	Steamed Broccoli	Fresh Orange Smiles
Fruit Cup	Raisins	Fresh Apple Slices	Apple Crisps	Assorted Low Fat Milk
Assorted Low Fat Milk				
High School –ONLY				High School-ONLY
Offer juice as second fruit	High School-ONLY-	High School-ONLY	High School-ONLY	Offer juice as second fruit
at lunch	Offer juice as second fruit	Offer juice as second fruit	Offer juice as second fruit	At lunch
	at lunch	at lunch	at lunch	
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal w/ Graham	Apple Cinnamon Chewy Bar	Eggo® Mini Cinnamon	Yogurt Smoothie w/ Graham	Banana Chocolate Chunk
100% Juice White Milk (Low Fat or Fat	100% Juice White Milk (Low Fat or Fat	Waffles 100% Juice	100% Juice White Milk (Low Fat or Fat	Protein Bar 100% Juice
Free)	Free)	White Milk (Low Fat or Fat	Free)	White Milk (Low Fat or Fat
1100)	1166)	Free)	1166)	Free)
Lunch	Lunch	,	Lunch	ĺ
Tuscan Rotini & Meatballs	TACO TUESDAY	Lunch	Mac n Cheese	Lunch
Celery with Ranch	Santa Fe Beef Tacos	Teriyaki Chicken w/ Fried Rice	Crisp Garden Side Salad	Turkey & Swiss Croissant
Applesauce Fruit cup	Seasoned Black Beans	Fresh Veggie Dippers	Fresh Apple Slices	Carrots with Ranch
Assorted Low Fat Milk	Fruit Cup Assorted Low Fat Milk	Peach Slices	Assorted Low Fat Milk	Applesauce fruit cup Assorted Low Fat Milk
High School ONLY	Assorted Low Fat Milk	Assorted Low Fat Milk	High School ONLY	ASSOITED LOW FOR PHIK
Offer juice as second fruit	High School ONLY	High School ONLY	Offer juice as second fruit	High School-ONLY
at lunch	Offer Juice as second fruit	Offer juice as second fruit	At lunch	Offer juice as second fruit
	At lunch	At lunch		At lunch
		1 10 1011011		
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Cereal w/ Graham 100% Juice	Apple Cinnamon Chewy Bar	Eggo® Mini Blueberry	Yogurt Smoothie w/ Graham	Banana Chocolate Chunk
White Milk (Low Fat or Fat	100% Juice	Pancakes	100% Juice	Protein Bar
Free)	White Milk (Low Fat or Fat Free)	100% Juice White Milk (Low Fat or Fat	White Milk (Low Fat or Fat Free)	100% Juice White Milk (Low Fat or Fat
	Hee)	Free)	l Fiee)	Free)
Lunch				1.50)
Meatball Marinara Sub		Lunch	Lunch	Lunch
Sweet Kernel Corn	Lunch	Chicken & Yellow rice	Ham & Cheese Croissant	Popcorn Chicken
Assorted Fruit Cups	TACO TUESDAY	Seasoned Black beans	Veggie Dippers w/ ranch	Cheez its
Assorted Low Fat Milk	Baja Carnitas Tacos	Applesauce Assorted Low Fat Milk	Apple Crisps	Steamed Broccoli Assorted Fruit cups
High Cohool ONLY	Herbed Green Beans	ASSULTED LOW FAL IVIIIK	Assorted Low Fat Milk	Assorted Fruit cups Assorted Low Fat Milk
High School ONLY Offer juice as second	Peach Slices Assorted Low Fat Milk	High School ONLY		
fruit	7.000.cca Low Fac Fink	Offer juice as second fruit	High School ONLY	High School ONLY
at lunch	High School ONLY	At lunch	Offer juice as second	Offer juice as second fruit
ac idilcii	Offer juice as second		fruit at lunch	at lunch
	fruit			
	At lunch			

High School is to serve another serving of fresh fruit daily at Lunch-See note on each day's lunch menu.