

HIGH SCHOOL MENU

Breakfast

All breakfasts includes an Entrée, Fruit*, Fruit Juice, and Choice of Milk

**BREAKFAST IS
FREE**
FOR ALL
PINELLAS COUNTY
SCHOOL STUDENTS!

OFFERED DAILY

Cold Cereal Variety
Breakfast Parfait
with Granola & Fruit

Assortment of Whole Grain Breakfast Pastries:
Banana Bread Slice (M, F)
Cocoa Cherry Bar (M, F)
Breakfast Muffin (T, W, R)
(Chocolate Chip, Cherry or Cornbread)
WF Frosted Pop-Tart (T, W, R)
(Strawberry or Cinnamon)

Brain Boosters (Add 1-2):
String Cheese, Honey Graham
Crackers, Whole Grain Toast

	Monday	Tuesday	Wednesday	Thursday	Friday
	Week 1:				
	WEEK OF Oct 5, Oct 19				
WEEK 1	Apple Cinnamon French Toast Banana Bread Slice Cocoa Cherry Bar	Egg, Cheese, & Sausage Flatbread Chocolate Chip Muffin Glazed Pull-A-Part	Cheesy Omelet & Belgian Waffle Cheesy Cornbread Muffin Frosted Cinnamon Pop-Tart	Pancake Sausage Wrap Chocolate Chip Muffin Frosted Strawberry Pop-Tart	Chicken Minis Banana Bread Slice Cocoa Cherry Bar
	Week 2:				
	WEEK OF Sep 28, Oct 12, Oct 26				
WEEK 2	Sausage Patties & Toast Banana Bread Slice Cocoa Cherry Bar	Breakfast Egg Roll Cherry Muffin Frosted Cinnamon Pop-Tart	Egg & Cheese Breakfast Bagel Cheesy Cornbread Muffin Mini Powdered Donuts	Ham and Swiss Cheese Croissant Cherry Muffin Frosted Strawberry Pop-Tart	Chocolate Chip French Toast Mini Bites Banana Bread Slice Cocoa Cherry Bar
	Cupped or Dried Fruit	Seasonal Fresh Fruit	Cupped or Dried Fruit	Seasonal Fresh Fruit	Cupped or Dried Fruit

*Must choose at least 1 fruit/vegetable, may choose up to 2 servings of each. Milk Choices include Low Fat White, Fat Free Chocolate, Fat Free Skim

Lunch

All lunch includes an Entrée, Choice of Vegetables, Choice of Fruits/Juice*, and Choice of Milk

OFFERED DAILY

Oven Fresh Pizza
Cheese or Pepperoni Pizza
and/or Specialty Pizza

Chicken Sandwich
Crispy, Spicy or Grilled
Chicken Sandwich available
(Tue and Thur only)

Grilled Hamburger
Hamburger & Cheeseburger
available (Mon, Wed, Fri only)

Cold Sandwich
Grape PB&J Uncrustable
(daily) & Turkey and Cheese
Sandwich (Tue only) available

Cold Wrap
Grilled Chicken Caesar Wrap,
or Crispy/Spicy Breaded
Chicken Wrap available
(Thur only)

Specialty Salad
Yogurt & Cheese Plate (Fri),
Crispy or Spicy Breaded
Chicken Salad (Thur only),
Caesar Chicken Salad (Mon)
available

Daily offerings Selection may
vary by Café

**Assortment of Fruits,
Vegetables, and 100% Fruit
Juice available daily**

*A la carte Smart Snacks may
be available for purchase*

Menus are subject to change! We do
our best to provide our customers with all
our planned options, however
occasionally weather, crops, and supplies

Monday	Tuesday	Wednesday	Thursday	Friday
CHECK OUT OUR MENU SPECIALS THIS MONTH! Look out for glowing menu items in celebration of National School Lunch Week and Hispanic Heritage Month				
5 Mac & Cheese with Garlic Breadstick or Chicken Corn Dog Basket Grilled Chicken Caesar Salad Sweet Potato Fries Baby Carrot Dippers	6 Build Your Taco Day: <i>Beef or Chicken – Taco or Bowl</i> Santa Fe Black Beans Cucumber Slices HISPANIC HERITAGE MONTH LUNCH SPECIAL	7 Crispy or Spicy Breaded Chicken Sandwich or Mozzarella Cheesy Bread Crispy Chicken Entrée Salad Marinara Sauce Cup Crispy Crinkle Fries Romaine Side Salad	8 New Orleans Grilled Chicken and Noodles or Pepperoni Calzone (beef) Crispy Chicken Wrap Marinara Sauce Cup Steamed Broccoli Florets Cucumber Slices	9 Ranchero Pizza or Cheese Pizza Buffalo Chicken & Cheese Stuffed Sandwich Yogurt & Cheese Plate Mixed Vegetables Baby Carrot Dippers
13 No School For Students CAFETERIA CIRCUS NATIONAL SCHOOL LUNCH WEEK ★ OCT 12 th - 16 th ★ 2026 ★	13 Grilled Hamburger or Cheeseburger on Bun or Max Cheesy Breadsticks Turkey & Cheese Sandwich Marinara • Corn Cobbette Country Baked Beans Cucumber Slices	14 Chicken & Funnel Waffle or Cheesy Bean Burrito Basket with Chips & Salsa Crispy Chicken Entrée Salad Steamed Corn Kernels Romaine Side Salad	15 Chicken Enchilada Empanada Teriyaki Beef Dippers with Rice Grilled Chicken Caesar Wrap Marinara • Mixed Vegetables Cucumber Slices	16 Detroit-Style Pepperoni Pizza or Cheese Pizza or Fish and Tots Basket Yogurt & Cheese Plate Green Beans Crispy Tater Tots Baby Carrot Dippers
NATIONAL SCHOOL LUNCH WEEK October 12-16, 2026 Cafeteria Circus: Where Nutrition Takes Center Stage!				
19 Cheesy Tortellini Alfredo with Garlic Breadstick or Chicken Corn Dog Basket Grilled Chicken Caesar Salad Sweet Potato Fries Baby Carrot Dippers	20 Loaded Beef & Cheese Nachos or Cheese Pizza Crunchers Turkey & Cheese Sandwich Santa Fe Black Beans Cucumber Slices	21 Chicken Drumstick & Cornbread Basket or Mozzarella Cheesy Bread Crispy Chicken Entrée Salad Marinara Sauce Cup Crispy Crinkle Fries Romaine Side Salad	22 Teriyaki BBQ Meatballs with Ramen Noodles or Pepperoni Calzone (beef) Crispy Chicken Wrap Marinara Sauce Cup Mixed Vegetables Cucumber Slices	23 Cheese or Pepperoni Pizza or Buffalo Chicken & Cheese Stuffed Sandwich Yogurt & Cheese Plate Steamed Corn Kernels Baby Carrot Dippers
26 Tangerine Chicken with Rice or Grilled Cheese Sandwich Grilled Chicken Caesar Salad Mixed Vegetables Baby Carrot Dippers	27 Specialty Pepperoni Pizza Burger Max Cheesy Breadsticks Turkey & Cheese Sandwich Marinara Sauce Cup Country Baked Beans Cucumber Slices	28 Chicken & Waffles or Cheesy Bean Burrito Basket w/ Chips and Salsa Crispy Chicken Entrée Salad Steamed Corn Kernels Romaine Side Salad	29 Pasta and Beef Meatballs with Garlic Breadstick or Meat Lover's Stromboli Grilled Chicken Caesar Wrap Marinara Sauce Cup Steamed Broccoli Florets Cucumber Slices	30 Cheese or Pepperoni Pizza Fish and Tots Basket Yogurt & Cheese Plate Green Beans Crispy Tater Tots Baby Carrot Dippers