



HILLSBOROUGH COUNTY PUBLIC SCHOOLS SATELLITE MENU FEBRUARY MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Sweet and Sour Chicken w/ Yellow Rice Herbed Green Beans Fresh Garden Side Salad 100% 4oz Juice Assorted Low Fat Milk</p>	<p>3 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Rosemary Roasted Chicken w/ Quinoa Pilaf Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>4 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Macaroni & Cheese Sweet Potato Soufflé Broccoli w/ Lite Ranch Dip Fresh Banana Assorted Low Fat Milk</p>	<p>5 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Beef Lasagna Baby Carrots w/ Lite Ranch Dip Fresh Garden Side Salad Applesauce Assorted Low Fat Milk</p>	<p>6 FAIR DAY NO SCHOOL FOR WEST COUNTY</p>
<p>9 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Baked Ziti Sweet Honey Glazed Carrots Fresh Garden Side Salad 100% 4oz Juice Assorted Low Fat Milk</p>	<p>10 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Santa Fe Chicken Tacos Seasoned Black Beans Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>11 BREAKFAST Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Crispy Chicken Sandwich Cheesy Spinach Bake Fresh Garden Side Salad Fresh Banana Assorted Low Fat Milk</p>	<p>12 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Teriyaki Chicken with Brown Rice Baby Carrots w/ Lite Ranch Dip Applesauce Assorted Low Fat Milk</p>	<p>13 BREAKFAST Dannon® Yogurt w/ Homemade Granola 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Classic Cheeseburger Whole Kernel Corn Fresh Garden Side Salad Assorted Fruit Cup Assorted Low Fat Milk</p>
<p>16 BREAKFAST Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Chicken & Yellow Rice Baked Sweet Plantains Seasoned Black Beans 100% 4oz Juice Fresh Baked Roll Assorted Low Fat Milk</p>	<p>17 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Spaghetti w/ Meatballs Carrot Soufflé Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>18 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Southern Style Chicken Bites Broccoli w/ Lite Ranch Dip Fresh Garden Side Salad Fresh Banana Assorted Sun Chips Assorted Low Fat Milk</p>	<p>19 BREAKFAST Dannon® Yogurt w/ Homemade Granola 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Baked Ziti Herbed Green Beans Fresh Garden Side Salad Applesauce Assorted Low Fat Milk</p>	<p>20 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Harvest Chili w/ Tostitos Scoops Baby Carrots w/ Lite Ranch Dip Fresh Garden Side Salad Assorted Fruit Cup Assorted Low Fat Milk</p>
<p>23 BREAKFAST Assorted Cereal w/ Strawberry Graham Bear 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Chicken Verde Burrito Seasoned Black Beans Fresh Garden Side Salad 100% 4oz Juice Assorted Low Fat Milk</p>	<p>24 BREAKFAST Peanut Butter & Jelly Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Rosemary Roasted Chicken w/ Quinoa Pilaf Fresh Garden Side Salad Apple Slices Assorted Low Fat Milk</p>	<p>25 BREAKFAST Whole Grain Muffin w/ Mozzarella Cheese 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Macaroni & Cheese Sweet Potato Soufflé Broccoli w/ Lite Ranch Dip Fresh Banana Assorted Low Fat Milk</p>	<p>26 BREAKFAST Breakfast Protein Bar 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Beef Lasagna Baby Carrots w/ Lite Ranch Dip Fresh Garden Side Salad Applesauce Assorted Low Fat Milk</p>	<p>27 BREAKFAST Dannon® Yogurt w/ Homemade Granola 100% 4oz Juice or Assorted Fruit Assorted Low Fat Milk</p> <p>LUNCH Sweet & Sour Chicken w/ Yellow Rice Herbed Green Beans Fresh Garden Side Salad Assorted Fruit Cup Assorted Low Fat Milk</p>