

Okeechobee County Schools

High School Lunch

Mar 19, 2024

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Chicken Drum/Bread Cheeseburger BBQ Pork Sandwich PBJ Twin Pack Deep Dish Cheese Pizza Beef & Bean Burrito Spicy Wedge Potatoes Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 2 Chicken Alfredo Dinner Roll Turkey & Cheese Sub Spicy Chicken Sandwich Chef Salad w/Rolls Meatball Sub Mixed Vegetables Broccoli Florets/Tomatoes/Dip Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Mustard Mayonnaise Packet 12 G Ketchup	Apr - 3 Shepherd's Pie Dinner Roll All Beef Hotdog Grilled Cheese Sandwich Big Daddy Cheese Pizza Chicken Hot Bites w/Roll Sub Sandwich Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mustard Rice Krispie Treat	Apr - 4 Chicken Tenders/Roll PBJ Twin Pack Chicken Tender Salad w/Roll Cheeseburger Chs MaxStixs w/Marinara Pork Rice Bowl/Black Beans(H Broccoli in Cheese Sauce Homestyle Baked Beans Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mustard Mayonnaise Packet 12 G	Apr - 5 Stuffed Pepperoni Pizza Mac & Cheese W/Rolls Ham/Chs on Hawaiian Bun Chicken Spicy Ranch Wrap Yogurt Cup/Fruit Plate Tossed Salad Cup Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Apr - 8 Corn Dog Ham/Cheese Croissant Chs MaxStixs w/Marinara Egg Salad Sandwich Spicy Chicken Sandwich Oven Fries Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 9 Taco Nachos PBJ Twin Pack All Beef Hotdog Pepperoni Pinwheel Chicken Tenders/Roll Ham & Chs Triple Play Refried Bean w/Chs Tossed Salad Cup Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 10 Salisbury Steak/Potatoes Dinner Roll Grilled Cheese Sandwich Chicken Drum/Bread PBJ Twin Pack Chef Salad w/Rolls Chicken Ranch Wrap Green Beans Fresh Baby Carrots Variety of Fruit Cups Variety of Fresh Fruit Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 11 Chicken Parmesan w/Breadstic Ham/Chs on Hawaiian Bun Beef & Bean Burrito Chef Salad w/Rolls Big Daddy Cheese Pizza Sub Sandwich Bar California Blend Veggies Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 12 Pepperoni Pizza Chicken Patty Sandwich Meatball Sub Chicken Spicy Ranch Wrap Potato Baked w/Chicken Popp Dinner Roll Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mayonnaise Packet 12 G Mustard

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

** - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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Apr - 15 Chicken Poppers/Brdstick Ham/Chs on Hawaiian Bun Turkey & Cheese Sub PBJ Twin Pack Pork Rice Bowl/Black Beans(H Pepperoni Pizza BigDaddy Oven Fries Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mayonnaise Packet 12 G Mustard	Apr - 16 Beef & Bean Burrito Bacon Cheeseburger Chef Salad w/Rolls Chicken Tenders/Roll Chicken Hot Bites w/Roll Pepperoni Pizza Refried Bean w/Chs Sweet Yellow Corn Sandwich Trimmings Cucumbers & Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mayonnaise Packet 12 G Mustard	Apr - 17 Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Chs MaxStixs w/Marinara Spicy Chicken Sandwich Sub Sandwich Bar Green Beans Red/Green Pepper Strips Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Name that Capitol Cookie	Apr - 18 Chicken Breaded Breast w/Roll Mexicali Salad All Beef Hotdog Yogurt Cup/Fruit Plate Big Daddy Cheese Pizza Cheeseburger Mixed Vegetables Fresh Squash Slices/Dip Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 19 EARLY RELEASE DAY PBJ Twin Pack 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Apr - 22 Chicken Drum/Bread Cheeseburger BBQ Pork Sandwich PBJ Twin Pack Deep Dish Cheese Pizza Beef & Bean Burrito Spicy Wedge Potatoes Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 23 Chicken Alfredo Dinner Roll Turkey & Cheese Sub Spicy Chicken Sandwich Chef Salad w/Rolls Meatball Sub Mixed Vegetables Broccoli Florets/Tomatoes/Dip Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Mustard Mayonnaise Packet 12 G Ketchup	Apr - 24 Shepherd's Pie Dinner Roll All Beef Hotdog Grilled Cheese Sandwich Big Daddy Cheese Pizza Chicken Hot Bites w/Roll Sub Sandwich Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mustard Rice Krispie Treat	Apr - 25 Chicken Tenders/Roll PBJ Twin Pack Chicken Tender Salad w/Roll Cheeseburger Chs MaxStixs w/Marinara Pork Rice Bowl/Black Beans(H Broccoli in Cheese Sauce Homestyle Baked Beans Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mustard Mayonnaise Packet 12 G	Apr - 26 Stuffed Pepperoni Pizza Mac & Cheese W/Rolls Ham/Chs on Hawaiian Bun Chicken Spicy Ranch Wrap Yogurt Cup/Fruit Plate Tossed Salad Cup Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free

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Apr - 29 Corn Dog Ham/Cheese Croissant Chs MaxStixs w/Marinara Egg Salad Sandwich Spicy Chicken Sandwich Oven Fries Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 30 Taco Nachos PBJ Twin Pack All Beef Hotdog Pepperoni Pinwheel Chicken Tenders/Roll Ham & Chs Triple Play Refried Bean w/Chs Tossed Salad Cup Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free			

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