

Okeechobee County Schools

High School Lunch

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Sep 30, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 Taco Nachos Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Spicy Chicken Sandwich Buffalo Chicken Pizza 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	Oct - 2 Corn Dog PBJ Twin Pack Spicy Chicken Sandwich Chef Salad PopCorn Chicken w/Rolls Flamin' Chicken Bites Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 3 Chic Chic Fillet w/Roll Chef Salad Meatball Sub Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 4 Pepperoni Pizza BBQ Pork Sandwich Flamin' Chicken Bites Tornados w/Refried Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Oct - 7 Salisbury Steak/Potatoes Dinner Roll Grilled Cheese Sandwich Flamin' Chicken Bites Tornados w/Refried Beans Spicy Chicken Sandwich Broccoli in Cheese Sauce Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 8 Breaded Chicken Garlic Breadstick Chef Salad Cheeseburger Sliders Spicy Chicken Sandwich Buffalo Chicken Pizza California Blend Veggies Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 9 Spaghetti w/Meat Sauce Dinner Roll Chef Salad Tornados w/Refried Beans PopCorn Chicken w/Rolls Flamin' Chicken Bites Green Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 10 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Beef & Cheese Burrito Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Homestyle Baked Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 11 Fiestada Pizza Spicy Chix/Baked Potato Dinner Roll Flamin' Chicken Bites Tornados w/Refried Beans Mixed Vegetables Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free

**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.*

NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.

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Oct - 14	Oct - 15	Oct - 16	Oct - 17	Oct - 18
	Breakfast for Lunch Grilled Cheese Sandwich Spicy Chicken Sandwich Buffalo Chicken Pizza Chef Salad Hashbrown Rounds Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Shepherd's Pie Dinner Roll PBJ Twin Pack Boneless Chicken Wings with Biscuit Sticks Flamin' Chicken Bites Green Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Chef Salad Spicy Chicken Sandwich Cheeseburger Sliders Pepperoni Pizza BigDaddy Corn on the Cob Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Cheesy French Brd Pizza Bacon Cheeseburger Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) Tornadoes w/Refried Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Oct - 21	Oct - 22	Oct - 23	Oct - 24	Oct - 25
Chicken Alfredo Turkey/Ham on Flat Bread Cheeseburger Tornadoes w/Refried Beans Spicy Chicken Sandwich Mixed Vegetables Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Taco Nachos Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Spicy Chicken Sandwich Buffalo Chicken Pizza 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	Corn Dog PBJ Twin Pack Spicy Chicken Sandwich Chef Salad PopCorn Chicken w/Rolls Flamin' Chicken Bites Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Chic Chic Fillet w/Roll Chef Salad Meatball Sub Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Pepperoni Pizza BBQ Pork Sandwich Flamin' Chicken Bites Tornadoes w/Refried Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free

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Oct - 28	Oct - 29	Oct - 30	Oct - 31	
Salisbury Steak/Potatoes Dinner Roll Grilled Cheese Sandwich Flamin' Chicken Bites Tornados w/Refried Beans Spicy Chicken Sandwich Broccoli in Cheese Sauce Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Breaded Chicken Garlic Breadstick Chef Salad Cheeseburger Sliders Spicy Chicken Sandwich Buffalo Chicken Pizza California Blend Veggies Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Spaghetti w/Meat Sauce Dinner Roll Chef Salad Tornados w/Refried Beans PopCorn Chicken w/Rolls Flamin' Chicken Bites Green Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Beef & Cheese Burrito Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Homestyle Baked Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	

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