

Okeechobee County Schools

Middle School Lunch

Aug 26, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 30 Chicken Chunks & Biscuit Loaded Spud PBJ Jamwich & Muffin Mozzarella Cheese Stick Oven Fries Red & Green Peppers/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Aug - 31 Beef & Cheese Burrito Bacon Cheeseburger Chef Salad Chicken Tenders/Roll Tossed Salad Cup Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 1 Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate Pizza Pinwheel 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	Sep - 2 Breaded Chicken Dinner Roll Chef Salad Ham/Cheese Croissant California Blend Veggies Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 3 Pepperoni Pizza PBJ Jamwich & Muffin Chicken Chunks & Biscuit Homestyle Baked Beans Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Sep - 6 HOLIDAY	Sep - 7 Mexicali Salad Turkey & Cheese Sub BBQ Chicken Sandwich Corn on the Cob Broccoli Florets/Tomatoes/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 8 Shepherd's Pie Dinner Roll Hotdog Grilled Cheese Sandwich 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	Sep - 9 Chicken Patty Sandwich Ham & Cheese Melt Beef & Cheese Burrito Spicy Wedge Potatoes Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 10 EARLY RELEASE DAY PBJ Jamwich & Muffin Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Sep - 13 NO SCHOOL TODAY	Sep - 14 Taco Nachos PBJ Jamwich & Muffin Mozzarella Cheese Stick Egg Salad Sandwich 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	Sep - 15 Chicken Nuggets w/Roll BBQ Pork Sandwich Tater Tots Yogurt Cup/Fruit Plate 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	Sep - 16 Chicken Alfredo Dinner Roll Yogurt Cup/Fruit Plate Turkey & Cheese Sub Warm Tangy Carrots 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	Sep - 17 Fiestada Pizza PBJ Jamwich & Muffin Mozzarella Cheese Stick Chicken Patty Sandwich Homestyle Baked Beans Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice 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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<p>Sep - 20</p> <p>Chicken Chunks & Biscuit Loaded Spud PBJ Jamwich & Muffin Mozzarella Cheese Stick Oven Fries Red & Green Peppers/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 21</p> <p>Beef & Cheese Burrito Bacon Cheeseburger Chef Salad Chicken Tenders/Roll Tossed Salad Cup Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free</p>	<p>Sep - 22</p> <p>Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate Pizza Pinwheel 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</p>	<p>Sep - 23</p> <p>Breaded Chicken Dinner Roll Chef Salad Ham/Cheese Croissant California Blend Veggies Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 24</p> <p>Pepperoni Pizza PBJ Jamwich & Muffin Homestyle Baked Beans Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>
<p>Sep - 27</p> <p>Chicken Tenders/Roll Yogurt Cup/Fruit Plate BBQ Pork Sandwich Broccoli in Cheese Sauce Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 28</p> <p>Mexicali Salad Turkey & Cheese Sub BBQ Chicken Sandwich Corn on the Cob Broccoli Florets/Tomatoes/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 29</p> <p>Shepherd's Pie Dinner Roll Hotdog Grilled Cheese Sandwich 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</p>	<p>Sep - 30</p> <p>Chicken Patty Sandwich Ham & Cheese Melt Beef & Cheese Burrito Spicy Wedge Potatoes Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	

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