

Okeechobee County Schools

Elementary Lunch

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Oct 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 Fiestada Pizza BBQ Pork Sandwich 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
Nov - 4 Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate Spicy Wedge Potatoes Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 5 Breakfast for Lunch Grilled Cheese Sandwich 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	Nov - 6 Shepherd's Pie Dinner Roll Green Beans PBJ Jamwich & Muffin Colby Jack Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 7 Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Corn on the Cob Yogurt Cup/Fruit Plate 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	Nov - 8 Cheesy French Brd Pizza Bacon Cheeseburger 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
Nov - 11 Chicken Alfredo Dinner Roll Turkey/Ham on Flat Bread Mixed Vegetables Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 12 Taco Nachos Ham/Cheese Croissant 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	Nov - 13 Corn Dog Mini's PBJ Jamwich & Muffin Colby Jack Cheese Stick Chef Salad 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	Nov - 14 Chic Chic Fillet/Roll Yogurt Cup/Fruit Plate Chef Salad 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	Nov - 15 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

**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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Nov - 18 Salisbury Steak/Potatoes Dinner Roll Turkey & Cheese Sub Homestyle Baked Beans Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 19 Breaded Chicken Garlic Breadstick Chef Salad California Blend Veggies Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 20 Holiday Meal Turkey & Gravy Sweet Potato Souffle Green Beans Cornbread Stuffing Vanilla Cake	Nov - 21 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate 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	Nov - 22 Fiestada Pizza BBQ Pork Sandwich 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
Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY	Nov - 27 NO SCHOOL TODAY	Nov - 28 HOLIDAY	Nov - 29 NO SCHOOL TODAY

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