

Okeechobee County Schools

High School Lunch

Aug 6, 2018

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| <p>Aug - 13</p> <p>Cheesy Meatloaf Stacker Ham & Chs Triple Play Tornados w/Refried Beans Sweet Yellow Corn Yogurt Cup/Fruit Plate 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>Aug - 14</p> <p>Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad Warm Tangy 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>Aug - 15</p> <p>Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet 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</p> | <p>Aug - 16</p> <p>Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p> | <p>Aug - 17</p> <p>Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc Homestyle Baked Beans 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>Aug - 20</p> <p>Homemade Mac & Cheese Dinner Roll Turkey/Ham on Flat Bread Cheeseburger Mixed Vegetables 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</p> | <p>Aug - 21</p> <p>Chic Chic Fillet Dinner Roll PBJ Twin Pack Cheese Max Sticks w/Marinara 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</p> | <p>Aug - 22</p> <p>Taco Nachos Refried Bean w/Chs Yogurt Cup/Fruit Plate Chicken Tenders w/ Rolls (HS) 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>Aug - 23</p> <p>BBQ Pork on Garlic Bread Chef Salad Flamin' Chicken Bites 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</p> | <p>Aug - 24</p> <p>Personal Pepperoni Pizza Chicken Patty Sandwich 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</p> |
| <p>Aug - 27</p> <p>Salsbury Steak Dinner Roll Ham & Chs Triple Play Hot Bites Wrap Roasted Squash/Zucchini 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>Aug - 28</p> <p>Chic Chic Fillet Cheeseburger Breaded Catfish Strips Country Wedge Potatoes 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</p> | <p>Aug - 29</p> <p>Beefaroni w/ Dinner Roll Dinner Roll Chicken Patty Sandwich Chef Salad 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</p> | <p>Aug - 30</p> <p>PopCorn Chicken w/Rolls Yogurt Cup/Fruit Plate Cheeseburger Sliders Homestyle Baked Beans 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>Aug - 31</p> <p>Fiestada Pizza Spicy Chix/Baked Potato Mixed Vegetables Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p> |

***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.