

Okeechobee County Schools

High School Lunch

Apr 8, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Lasagna w/Garlic Bread Ham & Chs Triple Play Tornados w/Refried Beans Yogurt Cup/Fruit Plate Spicy Chicken Sandwich PBJ Twin Pack Sweet Yellow Corn 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	Apr - 2 Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad Buffalo Chicken Pizza Warm Tangy Carrots 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	Apr - 3 Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet w/Roll Green 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	Apr - 4 Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito Pepperoni Pizza BigDaddy 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	Apr - 5 Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc Tornados w/Refried Beans Refried Bean w/Chs 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
Apr - 8 BBQ Chicken Sandwich Turkey/Ham on Flat Bread Cheeseburger Spicy Chicken Sandwich 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	Apr - 9 Taco Nachos Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Buffalo Chicken Pizza Refried Bean w/Chs 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	Apr - 10 Chic Chic Fillet w/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	Apr - 11 BBQ Pork on Garlic Bread Chef Salad Flamin' Chicken Bites 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	Apr - 12 Personal Pepperoni Pizza Chicken Patty Sandwich 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

**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>Apr - 15</p> <p>Salisbury Steak/Potatoes Dinner Roll Ham & Chs Triple Play Hot Bites Wrap Spicy Chicken Sandwich 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</p>	<p>Apr - 16</p> <p>Catfish w/Hushpuppies Chic Chic Fillet w/Roll Cheeseburger Buffalo Chicken Pizza 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>Apr - 17</p> <p>Beefaroni Dinner Roll Chicken Patty Sandwich Chef Salad Chic Chic Fillet w/Roll Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Apr - 18</p> <p>EARLY RELEASE DAY PBJ Twin Pack 100% Fruit Juice Blend Variety of Fruit Cups MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Apr - 19</p>
<p>Apr - 22</p> <p>Lasagna w/Garlic Bread Ham & Chs Triple Play Tornados w/Refried Beans Yogurt Cup/Fruit Plate Spicy Chicken Sandwich PBJ Twin Pack Sweet Yellow Corn 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>Apr - 23</p> <p>Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad Buffalo Chicken Pizza Warm Tangy Carrots 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>Apr - 24</p> <p>Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet w/Roll Green 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</p>	<p>Apr - 25</p> <p>Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito Pepperoni Pizza BigDaddy 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>Apr - 26</p> <p>Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc Tornados w/Refried Beans Refried Bean w/Chs 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>

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Apr - 29	Apr - 30			
BBQ Chicken Sandwich Turkey/Ham on Flat Bread Cheeseburger Spicy Chicken Sandwich 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	Taco Nachos Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Buffalo Chicken Pizza Refried Bean w/Chs 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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