

Okeechobee County Schools

High School Lunch

Jan 6, 2020

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 6</p> <p>NO SCHOOL TODAY</p>	<p>Jan - 7</p> <p>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</p>	<p>Jan - 8</p> <p>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</p>	<p>Jan - 9</p> <p>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</p>	<p>Jan - 10</p> <p>Cheesy French Brd Pizza Bacon Cheeseburger Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) 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</p>
<p>Jan - 13</p> <p>Chicken Alfredo Turkey/Ham on Flat Bread Cheeseburger Tornados 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</p>	<p>Jan - 14</p> <p>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</p>	<p>Jan - 15</p> <p>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</p>	<p>Jan - 16</p> <p>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</p>	<p>Jan - 17</p> <p>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</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.

Okeechobee County Schools

High School Lunch

Jan 6, 2020

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 20</p> <p>HOLIDAY</p>	<p>Jan - 21</p> <p>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</p>	<p>Jan - 22</p> <p>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</p>	<p>Jan - 23</p> <p>PopCorn Chicken w/Rolls 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</p>	<p>Jan - 24</p> <p>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</p>
<p>Jan - 27</p> <p>Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate Tornados w/Refried Beans Spicy Chicken Sandwich Spicy Wedge Potatoes Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Jan - 28</p> <p>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</p>	<p>Jan - 29</p> <p>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</p>	<p>Jan - 30</p> <p>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</p>	<p>Jan - 31</p> <p>Cheesy French Brd Pizza Bacon Cheeseburger Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) 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</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.