

Okeechobee County Schools

Elementary Lunch

Oct 2, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oct - 1</p> <p>Homemade Mac & Cheese Dinner Roll Turkey/Ham on Flat Bread 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>Oct - 2</p> <p>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</p>	<p>Oct - 3</p> <p>Chic Chic Fillet Dinner Roll PBJ Jamwich Colby Jack Cheese Stick Yogurt Cup/Fruit Plate 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>Oct - 4</p> <p>BBQ Pork on Garlic Bread Chef Salad Yogurt Cup/Fruit Plate 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>Oct - 5</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>Oct - 8</p> <p>Salisbury Steak/Potatoes Dinner Roll Turkey & Cheese Sub Homestyle Baked Beans 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>Oct - 9</p> <p>Catfish w/Hushpuppies Cheeseburger Turkey & Cheese Sliders 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>Oct - 10</p> <p>Beefaroni Dinner Roll 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>Oct - 11</p> <p>PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate 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>Oct - 12</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>
<p>Oct - 15</p> <p>Teacher Planning Day</p>	<p>Oct - 16</p> <p>Breaded Chicken Garlic Breadstick 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>Oct - 17</p> <p>Shepherd's Pie 1055 Dinner Roll Green Beans PBJ Jamwich 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</p>	<p>Oct - 18</p> <p>Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate 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>Oct - 19</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>

**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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Oct - 29 Salisbury Steak/Potatoes Dinner Roll Turkey & Cheese Sub Homestyle Baked Beans 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	Oct - 30 Catfish w/Hushpuppies Cheeseburger Turkey & Cheese Sliders 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	Oct - 31 Beefaroni Dinner Roll 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		

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