

# Okeechobee County Schools

## Middle School Lunch

Jan 6, 2020

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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 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 Jamwich &amp; Muffin Mozzarella Cheese Stick BBQ Pork Sandwich 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 &amp; Chs Triple Play Chef Salad Cheeseburger Mini Slider 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) 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 Dinner Roll Grilled Cheese Sandwich Yogurt Cup/Fruit Plate 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 Nuggets w/Roll 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 Mini's PBJ Jamwich &amp; Muffin Mozzarella Cheese Stick Chef Salad Cheeseburger 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/Roll Yogurt Cup/Fruit Plate Chef Salad Meatball Sub Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers &amp; Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Jan - 17</p> <p>Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll Turkey &amp; Cheese Sub 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 - 20</p> <p>HOLIDAY</p>	<p>Jan - 21</p> <p>Breaded Chicken Garlic Breadstick Chef Salad Ham/Cheese Croissant 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 Cheeseburger 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/Roll Yogurt Cup/Fruit Plate Beef &amp; Cheese Burrito 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</p>	<p>Jan - 24</p> <p>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</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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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 27	Jan - 28	Jan - 29	Jan - 30	Jan - 31
Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate Tornados w/Refried Beans Spicy Wedge Potatoes Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Breakfast for Lunch Grilled Cheese Sandwich 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	Shepherd's Pie Dinner Roll PBJ Jamwich & Muffin Mozzarella Cheese Stick BBQ Pork Sandwich 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	Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Chef Salad Cheeseburger Mini Slider 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	Cheesy French Brd Pizza Bacon Cheeseburger Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) 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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