Okeechobee County Schools

Middle School Breakfast

Oct 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1 Pork Sausage Biscuit Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Nov - 4 Biscuit Sticks W/Jelly Donut Ring Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 5 Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 6 Chicken Chunks & Biscuit Cinnamon Super Slice Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 7 Cheese Max Sticks w/Marinara Cinnamon Toast Crunch Bar Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 8 Cinnamon Roll Cereal & Muffin Variety(ES,MS Pop Tart w/ 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
Nov - 11 Cheese or Apple Stick Strawberry Mini Pancakes Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 12 Boneless Wings w/Waffle Mini Donut 6 Pack Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 13 Egg/Bacon/Chs on Biscuit Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 14 French Toast with Sausage Links PBJ Graham Waffer Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 15 Pork Sausage Biscuit Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice 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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Oct 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 18 Biscuit Sticks W/Jelly Donut Ring Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 19 Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 20 Chicken Chunks & Biscuit Cinnamon Super Slice Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 21 Cheese Max Sticks w/Marinara Cinnamon Toast Crunch Bar Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 22 Cinnamon Roll Cereal & Muffin Variety(ES,MS Pop Tart w/ 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
Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY	Nov - 27 NO SCHOOL TODAY	Nov - 28 HOLIDAY	Nov - 29 NO SCHOOL TODAY

N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.
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