

# Okeechobee County Schools

## Elementary Breakfast

Oct 4, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1  French Toast Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 2  Chicken Poppers/Brdstick Donut Ring Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 3  Mini Pancakes Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 4  Egg/Chs on Biscuit Cheese Breadstick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free
Nov - 7  Egg Patty w/Chs on Croissant Donut Dunkin Stiks Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 8  Sausage Biscuit Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 9  Mini Pancakes Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 10  French Toast Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 11  Chicken Poppers w/Waffle Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free
Nov - 14  Grilled Cheese Sandwich Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 15  Sausage Biscuit Donut Ring Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 16  Egg Patty w/Chs on Croissant Yogurt Cup/Cinnamon Roll Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 17  Waffle Mini's Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 18  Donut Ring Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free
Nov - 21  NO SCHOOL TODAY	Nov - 22  NO SCHOOL TODAY	Nov - 23  NO SCHOOL TODAY	Nov - 24  Holiday	Nov - 25  NO SCHOOL TODAY
Nov - 28  Egg Patty w/Chs on Croissant Donut Dunkin Stiks Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 29  Sausage Biscuit Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Nov - 30  Mini Pancakes Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat 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.**