

# Okeechobee County Schools

## Middle School Lunch

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Oct 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1  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
Nov - 4  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	Nov - 5  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	Nov - 6  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	Nov - 7  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	Nov - 8  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
Nov - 11  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	Nov - 12  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	Nov - 13  Corn Dog Mini's PBJ Jamwich & 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	Nov - 14  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 & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 15  EARLY RELEASE DAY PBJ Jamwich & Muffin Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots 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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Nov - 18 Salisbury Steak/Potatoes Dinner Roll Grilled Cheese Sandwich PBJ Jamwich & Muffin Mozzarella Cheese Stick Homestyle Baked Beans Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 19 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	Nov - 20 Holiday Meal Turkey & Gravy Sweet Potato Souffle Green Beans Cornbread Stuffing Vanilla Cake	Nov - 21 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Beef & 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	Nov - 22 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
Nov - 25 NO SCHOOL TODAY	Nov - 26 NO SCHOOL TODAY	Nov - 27 NO SCHOOL TODAY	Nov - 28 HOLIDAY	Nov - 29 NO SCHOOL TODAY

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