

Okeechobee County Schools

Middle School Lunch

Page 1

Sep 30, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Oct - 1</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>Oct - 2</p> <p>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</p>	<p>Oct - 3</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 & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Oct - 4</p> <p>Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll Turkey & 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>Oct - 7</p> <p>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</p>	<p>Oct - 8</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>Oct - 9</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>Oct - 10</p> <p>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</p>	<p>Oct - 11</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>
<p>Oct - 14</p>	<p>Oct - 15</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>Oct - 16</p> <p>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</p>	<p>Oct - 17</p> <p>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</p>	<p>Oct - 18</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>

**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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Page 2

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<p>Oct - 21</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>Oct - 22</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>Oct - 23</p> <p>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</p>	<p>Oct - 24</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 & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Oct - 25</p> <p>Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll Turkey & 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>Oct - 28</p> <p>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</p>	<p>Oct - 29</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>Oct - 30</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>Oct - 31</p> <p>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</p>	

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