

# Okeechobee County Schools

## High School Lunch

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Feb 5, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1  Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc Tornados w/Refried Beans Refried Bean w/Chs 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 Spicy Chicken Sandwich PBJ Twin Pack Chrispy Chicken Tender Salad w/Rolls Buffalo Chicken Pizza Fiestada Pizza
Feb - 4  BBQ Chicken Sandwich Turkey/Ham on Flat Bread Cheeseburger Spicy Chicken Sandwich Mixed Vegetables Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 5  Taco Nachos Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Buffalo Chicken Pizza Refried Bean w/Chs 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	Feb - 6  Chic Chic Fillet w/Roll PBJ Twin Pack Cheese Max Sticks w/Marinara 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	Feb - 7  BBQ Pork on Garlic Bread Chef Salad Flamin' Chicken Bites Dinner Roll Pepperoni Pizza BigDaddy 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	Feb - 8  EARLY RELEASE DAY PBJ Twin Pack 100% Fruit Juice Blend Variety of Fruit Cups 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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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 11	Feb - 12	Feb - 13	Feb - 14	Feb - 15
Salisbury Steak/Potatoes Dinner Roll Ham & Chs Triple Play Hot Bites Wrap Spicy Chicken Sandwich Homestyle Baked Beans 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	Catfish w/Hushpuppies Chic Chic Fillet w/Roll Cheeseburger Buffalo Chicken Pizza Country Wedge Potatoes Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Beefaroni Dinner Roll Chicken Patty Sandwich Chef Salad Chic Chic Fillet w/Roll Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	PopCorn Chicken w/Rolls Yogurt Cup/Fruit Plate Cheeseburger Sliders Pepperoni Pizza BigDaddy Roasted Squash/Zucchini 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	Fiestada Pizza Spicy Chix/Baked Potato Dinner Roll Tornados w/Refried Beans 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
Feb - 18	Feb - 19	Feb - 20	Feb - 21	Feb - 22
NO SCHOOL TODAY	Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad Buffalo Chicken Pizza Warm Tangy Carrots 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 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet w/Roll Green Beans 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	Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito Pepperoni Pizza BigDaddy Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc Tornados w/Refried Beans Refried Bean w/Chs 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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Feb - 25	Feb - 26	Feb - 27	Feb - 28	
BBQ Chicken Sandwich Turkey/Ham on Flat Bread Cheeseburger Spicy Chicken Sandwich Mixed Vegetables Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Taco Nachos Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Buffalo Chicken Pizza Refried Bean w/Chs 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	Chic Chic Fillet w/Roll PBJ Twin Pack Cheese Max Sticks w/Marinara 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	BBQ Pork on Garlic Bread Chef Salad Flamin' Chicken Bites Pepperoni Pizza BigDaddy 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	

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