

Okeechobee County Schools

Middle School Breakfast

Mar 2, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Mar - 2</p> <p>French Toast with Sausage Links 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</p>	<p>Mar - 3</p> <p>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</p>	<p>Mar - 4</p> <p>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</p>	<p>Mar - 5</p> <p>Pepperoni Breadsticks 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</p>	<p>Mar - 6</p> <p>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</p>
<p>Mar - 9</p> <p>French Toast with Sausage Links 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</p>	<p>Mar - 10</p> <p>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</p>	<p>Mar - 11</p> <p>Chicken Chunks & Biscuit Warm Cinnamon Bread 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</p>	<p>Mar - 12</p> <p>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</p>	<p>Mar - 13</p> <p>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</p>
<p>Mar - 16</p> <p>Spring Break</p>	<p>Mar - 17</p> <p>Spring Break</p>	<p>Mar - 18</p> <p>Spring Break</p>	<p>Mar - 19</p> <p>Spring Break</p>	<p>Mar - 20</p> <p>Spring Break</p>
<p>Mar - 23</p> <p>No Teachers/ No Students</p>	<p>Mar - 24</p> <p>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</p>	<p>Mar - 25</p> <p>Chicken Chunks & Biscuit Warm Cinnamon Bread 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</p>	<p>Mar - 26</p> <p>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</p>	<p>Mar - 27</p> <p>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</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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Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 30	Mar - 31			
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