

Okeechobee County Schools

Elementary Lunch

Page 1

Sep 30, 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|---|--|---|
| | Oct - 1 Taco Nachos Ham/Cheese Croissant 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 | Oct - 2 Corn Dog Mini's PBJ Jamwich & Muffin Colby Jack Cheese Stick Chef Salad 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 | Oct - 3 Chic Chic Fillet/Roll Yogurt Cup/Fruit Plate Chef Salad 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 | Oct - 4 Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll 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 |
| Oct - 7 Salisbury Steak/Potatoes Dinner Roll Turkey & Cheese Sub Homestyle Baked Beans Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 8 Breaded Chicken Garlic Breadstick Chef Salad 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 | Oct - 9 Spaghetti w/Meat Sauce Dinner Roll Chef Salad 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 | Oct - 10 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate 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 | Oct - 11 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 |
| Oct - 14 | Oct - 15 Breakfast for Lunch Grilled Cheese Sandwich 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 | Oct - 16 Shepherd's Pie Dinner Roll Green Beans PBJ Jamwich & Muffin Colby Jack 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 | Oct - 17 Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Corn on the Cob Yogurt Cup/Fruit Plate 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 | Oct - 18 Cheesy French Brd Pizza Bacon Cheeseburger 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 |

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.

Okeechobee County Schools

Elementary Lunch

Sep 30, 2019

Page 2

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|--|--|---|--|
| <p>Oct - 21</p> <p>Chicken Alfredo Dinner Roll Turkey/Ham on Flat Bread Mixed Vegetables Sandwich Trimmings 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 - 22</p> <p>Taco Nachos Ham/Cheese Croissant 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 Colby Jack Cheese Stick Chef Salad 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 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 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 Turkey & Cheese Sub 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 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 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 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> | |

**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.