

Okeechobee County Schools

High School Lunch

Oct 4, 2022

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
	Nov - 1 Beef & Bean Burrito Cheeseburger Chef Salad Chicken Drum/Bread Nacho Bar Tossed Salad Cup Cucumbers,Tomatoes/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 2 Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Spicy Chicken Sandwich Green Beans Pepperoni Pizza BigDaddy Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 3 Chicken Breaded Breast w/Roll Chef Salad Ham/Cheese Croissant Chicken Poppers/Brdstick Nacho Bar Mixed Vegetables Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 4 Pepperoni Bread PBJ Twin Pack Mozzarella Cheese Stick Spicy Chicken Sandwich Nacho Bar Homestyle Baked Beans Fresh Baby Carrots 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 Chicken Drum/Bread Yogurt Cup/Fruit Plate BBQ Pork Sandwich Pepperoni Pinwheel Broccoli in Cheese Sauce Sub Sandwich Bar Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 8 Cheeseburger Chicken Nuggets w/Roll Chicken Bacon Ranch Wrap Sub Sandwich Bar Corn on the Cob Broccoli Florets/Tomatoes/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 9 Shepherd's Pie Dinner Roll All Beef Hotdog Grilled Cheese Sandwich Spicy Chicken Sandwich Sub Sandwich Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 10 Chicken Patty Sandwich Ham & Cheese Melt Beef & Bean Burrito Sub Sandwich Bar Oven Fries Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 11 Stuffed Cheese Pizza Cheeseburger Chicken Nuggets w/Roll Sub Sandwich Bar Homestyle Baked Beans Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice 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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Page 2

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Nov - 14 Corn Dog Ham/Cheese Croissant Pepperoni Bread Nacho Bar Spicy Chicken Sandwich Oven Fries 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 - 15 Taco Nachos PBJ Twin Pack Mozzarella Cheese Stick Egg Salad Sandwich Chicken Poppers/Brdstick Nacho Bar 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 - 16 Chicken Alfredo Dinner Roll Yogurt Cup/Fruit Plate Ham/Cheese Croissant Spicy Chicken Sandwich Nacho Bar Warm Tangy Carrots Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 17 Beef Hot Pie BBQ Pork Sandwich Pepperoni Pizza BigDaddy Nacho Bar Yogurt Cup/Fruit Plate Tater Tots Green Beans Fresh Baby Carrots Variety of Fruit Cups Variety of Fresh Fruit Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 18 EARLY RELEASE DAY PBJ Twin Pack 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY	Nov - 24 HOLIDAY	Nov - 25 NO SCHOOL TODAY
Nov - 28 Chicken Drum/Bread Yogurt Cup/Fruit Plate BBQ Pork Sandwich Pepperoni Pinwheel Broccoli in Cheese Sauce Sub Sandwich Bar Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 29 Cheeseburger Chicken Nuggets w/Roll Chicken Bacon Ranch Wrap Sub Sandwich Bar Corn on the Cob Broccoli Florets/Tomatoes/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Nov - 30 Shepherd's Pie Dinner Roll All Beef Hotdog Grilled Cheese Sandwich Spicy Chicken Sandwich Sub Sandwich Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free		

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