## **Okeechobee County Schools**

## Middle School Lunch

Mar 2, 2020
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Page 1		Middle School Lunch		
Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2	Mar - 3	Mar - 4	Mar - 5	Mar - 6
Salisbury Steak/Potatoes	Breaded Chicken	Spaghetti	PopCorn Chicken w/Roll	Fiestada Pizza
Dinner Roll	Garlic Breadstick	Dinner Roll	Yogurt Cup/Fruit Plate	BBQ Pork Sandwich
Grilled Cheese Sandwich	Chef Salad	Chef Salad	Beef & Cheese Burrito	Chicken Ranch Wrap
BJ Jamwich & Muffin	Ham/Cheese Croissant	Cheeseburger	Broccoli in Cheese Sauce	Mixed Vegetables
lozzarella Cheese Stick	California Blend Veggies	Green Beans	Variety of Fresh Fruit	Variety of Fresh Fruit
lomestyle Baked Beans	Variety of Fresh Fruit	Variety of Fresh Fruit	Variety of Fruit Cups	Variety of Fruit Cups
ariety of Fruit Cups	Variety of Fruit Cups	Variety of Fruit Cups	Variety of Fruit Juice	Variety of Fruit Juice
ariety of Fruit Juice	Variety of Fruit Juice	Variety of Fruit Juice	Fresh Vegetables Variety	Fresh Vegetables Variety
/ILK 1% Lowfat	Fresh Vegetables Variety	Fresh Baby Carrots	MILK 1% Lowfat	MILK 1% Lowfat
Chocolate Milk Fat Free	MILK 1% Lowfat	MILK 1% Lowfat	Chocolate Milk Fat Free	Chocolate Milk Fat Free
Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free
	Chocolate Milk Fat Free	Chocolate Milk Fat Free		
Mar - 9	Mar - 10	Mar - 11	Mar - 12	Mar - 13
Chicken Patty Sandwich	Breakfast for Lunch	Shepherd's Pie	Ravioli Mini's w/Meat Sauce	Stuffed Cheese Pizza
urkey & Cheese Sliders	Grilled Cheese Sandwich	Dinner Roll	Toasted Garlic Bread	Bacon Cheeseburger
ogurt Cup/Fruit Plate	Chef Salad	PBJ Jamwich & Muffin	Ham & Chs Triple Play	Flamin' Chicken Bites
ornados w/Refried Beans	Hashbrown Rounds	Mozzarella Cheese Stick	Chef Salad	Biscuit Sticks (ES,MS,HS)
picy Wedge Potatoes	Variety of Fresh Fruit	Pork Rib-B Sandwich	Cheeseburger Mini Slider	Variety of Fresh Fruit
ariety of Fruit Cups	Variety of Fruit Cups	Sweet Potato Waffle Fry	Corn on the Cob	Variety of Fruit Cups
ariety of Fruit Juice	Variety of Fruit Juice	Green Beans	Variety of Fresh Fruit	Variety of Fruit Juice
IILK 1% Lowfat	Fresh Vegetables Variety	Variety of Fresh Fruit	Variety of Fruit Cups	Fresh Vegetables Variety
Chocolate Milk Fat Free	MILK 1% Lowfat	Variety of Fruit Cups	Variety of Fruit Juice	MILK 1% Lowfat
Chocolate Milk Fat Free	Chocolate Milk Fat Free	Variety of Fruit Juice	Fresh Baby Carrots	Chocolate Milk Fat Free
	Chocolate Milk Fat Free	MILK 1% Lowfat	MILK 1% Lowfat	Chocolate Milk Fat Free
		Chocolate Milk Fat Free	Chocolate Milk Fat Free	
		Chocolate Milk Fat Free	Chocolate Milk Fat Free	
/lar - 16	Mar - 17	Mar - 18	Mar - 19	Mar - 20
Spring Break	Spring Break	Spring Break	Spring Break	Spring Break

\*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.

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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**

## Middle School Lunch

Page Z				IVIAI Z, ZUZU	
Monday	Tuesday	Wednesday	Thursday	Friday	
Mar - 23	Mar - 24	Mar - 25	Mar - 26	Mar - 27	
No Teachers/ No Students	Breaded Chicken Garlic Breadstick Chef Salad Ham/Cheese Croissant California Blend Veggies Variety of Fresh Fruit Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Spaghetti 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	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	Fiestada Pizza BBQ Pork Sandwich Chicken Ranch Wrap 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	
Mar - 30 Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate Tornados w/Refried Beans Spicy Wedge Potatoes Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Mar - 31 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				

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\* - denotes combined nutrient totals with either missing or incomplete nutrient data.

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