

# Okeechobee County Schools

## High School Breakfast

Jan 6, 2020

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Jan - 6</p> <p>NO SCHOOL TODAY</p>	<p>Jan - 7</p> <p>Boneless Wings w/Waffle Mini Donut 6 Pack Cereal &amp; Muffin 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>Jan - 8</p> <p>Egg/Bacon/Chs on Biscuit Pop Tarts Cereal &amp; Muffin 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>Jan - 9</p> <p>French Toast with Sausage Links PBJ Graham Waffer Cereal &amp; Muffin 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>Jan - 10</p> <p>Pork Sausage Biscuit PopTarts w/ Cheese Stick Cereal &amp; Muffin 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>Jan - 13</p> <p>Biscuit Sticks W/Jelly Donut Ring Cereal &amp; Muffin 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>Jan - 14</p> <p>Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal &amp; Muffin 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>Jan - 15</p> <p>Chicken Chunks &amp; Biscuit Cinnamon Super Slice Cereal &amp; Muffin 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>Jan - 16</p> <p>Cheese Max Sticks w/Marinara Cinnamon Toast Crunch Bar Cereal &amp; Muffin 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>Jan - 17</p> <p>Cinnamon Roll Cereal &amp; Muffin Pop Tarts 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>Jan - 20</p> <p>HOLIDAY</p>	<p>Jan - 21</p> <p>Boneless Wings w/Waffle Mini Donut 6 Pack Cereal &amp; Muffin 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>Jan - 22</p> <p>Egg/Bacon/Chs on Biscuit Pop Tarts Cereal &amp; Muffin 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>Jan - 23</p> <p>French Toast with Sausage Links PBJ Graham Waffer Cereal &amp; Muffin 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>Jan - 24</p> <p>Pork Sausage Biscuit PopTarts w/ Cheese Stick Cereal &amp; Muffin 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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Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 27	Jan - 28	Jan - 29	Jan - 30	Jan - 31
Biscuit Sticks W/Jelly Donut Ring Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Chicken Chunks & Biscuit Cinnamon Super Slice Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Cheese Max Sticks w/Marinara Cinnamon Toast Crunch Bar Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Cinnamon Roll Cereal & Muffin Pop Tarts 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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