

# Okeechobee County Schools

## High School Breakfast

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Oct 31, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1  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
Nov - 4  Biscuit Sticks W/Jelly 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	Nov - 5  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	Nov - 6  Chicken Chunks & Biscuit Cinnamon Super Slice 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	Nov - 7  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	Nov - 8  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
Nov - 11  Cheese or Apple Stick 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	Nov - 12  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	Nov - 13  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	Nov - 14  French Toast with Sausage Links 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	Nov - 15  Pork Sausage Biscuit PopTarts w/ Cheese Stick 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

*\*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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Nov - 18  Biscuit Sticks W/Jelly 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	Nov - 19  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	Nov - 20  Chicken Chunks & Biscuit Cinnamon Super Slice 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	Nov - 21  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	Nov - 22  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
Nov - 25  NO SCHOOL TODAY	Nov - 26  NO SCHOOL TODAY	Nov - 27  NO SCHOOL TODAY	Nov - 28  HOLIDAY	Nov - 29  NO SCHOOL TODAY

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