

# Okeechobee County Schools

## High School Breakfast

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Feb 13, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Feb - 3</b> Cheese or Apple Stick Strawberry Mini Pancakes 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	<b>Feb - 4</b> Boneless Wings w/Waffle Mini Donut 6 Pack 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	<b>Feb - 5</b> Egg/Bacon/Chs on Biscuit Pop Tarts 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	<b>Feb - 6</b> French Toast with Sausage Links PBJ Graham Waffer 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	<b>Feb - 7</b> 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
<b>Feb - 10</b> 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	<b>Feb - 11</b> 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	<b>Feb - 12</b> Chicken Chunks & Biscuit Warm Cinnamon Bread 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	<b>Feb - 13</b> 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	<b>Feb - 14</b> 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
<b>Feb - 17</b>	<b>Feb - 18</b> Boneless Wings w/Waffle Mini Donut 6 Pack 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	<b>Feb - 19</b> Egg/Bacon/Chs on Biscuit Pop Tarts 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	<b>Feb - 20</b> French Toast with Sausage Links PBJ Graham Waffer 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	<b>Feb - 21</b> 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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Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 24	Feb - 25	Feb - 26	Feb - 27	Feb - 28
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 Warm Cinnamon Bread 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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