

Okeechobee County Schools

Middle School Lunch

Apr 6, 2022

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>May - 2</p> <p>Corn Dog Mini's Ham/Cheese Croissant Pepperoni Bread Tossed Salad Cup 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</p> | <p>May - 3</p> <p>Taco Nachos PBJ Jamwich & Muffin Mozzarella Cheese Stick Egg Salad Sandwich 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</p> | <p>May - 4</p> <p>Chicken Nuggets w/Roll BBQ Pork Sandwich Tater Tots Yogurt Cup/Fruit Plate 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</p> | <p>May - 5</p> <p>Chicken Alfredo Dinner Roll Yogurt Cup/Fruit Plate Turkey & Cheese Sub 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</p> | <p>May - 6</p> <p>Fiestada Pizza PBJ Jamwich & Muffin Mozzarella Cheese Stick Chicken Patty Sandwich 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</p> |
| <p>May - 9</p> <p>Chicken Nuggets w/Roll PBJ Jamwich & Muffin Mozzarella Cheese Stick Ham/Cheese Croissant Oven Fries 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>May - 10</p> <p>Beef & Cheese Burrito Cheeseburger Chef Salad Chicken Tenders/Roll Tossed Salad Cup Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free</p> | <p>May - 11</p> <p>Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Pizza Pinwheel 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</p> | <p>May - 12</p> <p>Chicken Nuggets w/Roll Chef Salad Ham/Cheese Croissant California Blend Veggies 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</p> | <p>May - 13</p> <p>Pepperoni Pizza Peanut Butter & Jelly 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</p> |
| <p>May - 16</p> <p>Chicken Tenders/Roll Yogurt Cup/Fruit Plate BBQ Pork Sandwich Broccoli in Cheese Sauce 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</p> | <p>May - 17</p> <p>Mexicali Salad Turkey & Cheese Sub BBQ Chicken Sandwich 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</p> | <p>May - 18</p> <p>Shepherd's Pie Dinner Roll Hotdog Grilled Cheese Sandwich 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</p> | <p>May - 19</p> <p>Chicken Patty Sandwich Ham & Cheese Melt Beef & Cheese Burrito Spicy Wedge Potatoes 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</p> | <p>May - 20</p> <p>Pizza Pinwheel Cheeseburger Loaded Spud 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</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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| Monday | Tuesday | Wednesday | Thursday | Friday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------|
| May - 23 | May - 24 | May - 25 | May - 26 | May - 27 |
| Corn Dog Mini's Ham/Cheese Croissant Pepperoni Bread Tossed Salad Cup 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 | Taco Nachos PBJ Jamwich & Muffin Mozzarella Cheese Stick Egg Salad Sandwich 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 | Chicken Nuggets w/Roll BBQ Pork Sandwich Tater Tots Yogurt Cup/Fruit Plate 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 | EARLY RELEASE DAY PBJ Jamwich & Muffin Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | |
| May - 30 | May - 31 | | | |

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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