

Okeechobee County Schools

High School Breakfast

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Sep 30, 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Oct - 1</p> <p>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</p>	<p>Oct - 2</p> <p>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</p>	<p>Oct - 3</p> <p>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</p>	<p>Oct - 4</p> <p>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</p>
<p>Oct - 7</p> <p>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</p>	<p>Oct - 8</p> <p>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</p>	<p>Oct - 9</p> <p>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</p>	<p>Oct - 10</p> <p>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</p>	<p>Oct - 11</p> <p>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</p>
<p>Oct - 14</p>	<p>Oct - 15</p> <p>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</p>	<p>Oct - 16</p> <p>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</p>	<p>Oct - 17</p> <p>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</p>	<p>Oct - 18</p> <p>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</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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Oct - 21 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	Oct - 22 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	Oct - 23 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	Oct - 24 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	Oct - 25 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
Oct - 28 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	Oct - 29 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	Oct - 30 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	Oct - 31 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	

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

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