

# Okeechobee County Schools

## High School Breakfast

Apr 8, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Apr - 1</p> <p>Ham/Cheese Croissant Strawberry Mini Pancakes 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>Apr - 2</p> <p>Chix Patty w/Dutch Waffl 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>Apr - 3</p> <p>Egg/Bacon on 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>Apr - 4</p> <p>French Toast with Sausage Links PBJ Graham Waffer Sandwi 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>Apr - 5</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>Apr - 8</p> <p>Breakfast Burrito 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>Apr - 9</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>Apr - 10</p> <p>Chicken &amp; Biscuit Strawberry Bar/Chs 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>Apr - 11</p> <p>Cheese Max Sticks w/Marinara 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>Apr - 12</p> <p>French Toast with Sausage Links Cinnamon Rolls 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>Apr - 15</p> <p>Ham/Cheese Croissant Strawberry Mini Pancakes 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>Apr - 16</p> <p>Chix Patty w/Dutch Waffl 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>Apr - 17</p> <p>Egg/Bacon on 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>Apr - 18</p> <p>French Toast with Sausage Links PBJ Graham Waffer Sandwi 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>Apr - 19</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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<p>Apr - 22</p> <p>Breakfast Burrito 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>Apr - 23</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>Apr - 24</p> <p>Chicken &amp; Biscuit Strawberry Bar/Chs 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>Apr - 25</p> <p>Cheese Max Sticks w/Marinara 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>Apr - 26</p> <p>French Toast with Sausage Links Cinnamon Rolls 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>Apr - 29</p> <p>Ham/Cheese Croissant Strawberry Mini Pancakes 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>Apr - 30</p> <p>Chix Patty w/Dutch Waffl 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>			

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

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