

Okeechobee County Schools

Middle School Lunch

May 8, 2023

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>May - 1</p> <p>Corn Dog Mini's Ham/Cheese Croissant Pepperoni Bread 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 - 2</p> <p>Taco Nachos Peanut Butter & Jelly 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 - 3</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 - 4</p> <p>Beef Hot Pie 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>Fiestada Pizza Mac & Cheese W/Roll Chicken Patty Sandwich Homestyle Baked Beans 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 - 8</p> <p>Chicken Nuggets w/Roll PBJ Jamwich Mozzarella Cheese Stick Ham & Chs Triple Play Oven Fries Red & Green Peppers/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 - 9</p> <p>Beef & Bean Burrito Bacon Cheeseburger Chef Salad Chicken Nuggets w/Roll Sandwich Trimmings 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>	<p>May - 10</p> <p>Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Pepperoni 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 - 11</p> <p>Chicken Breaded Breast w/Roll Chef Salad Ham/Cheese Croissant Mixed Vegetables 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 - 12</p> <p>Pepperoni Bread Peanut Butter & Jelly Mozzarella Cheese Stick 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 - 15</p> <p>Chicken Drum/Bread Yogurt Cup/Fruit Plate BBQ Pork Sandwich Broccoli in Cheese Sauce 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>Cheeseburger Turkey & Cheese Sub Spicy 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 - 17</p> <p>Shepherd's Pie Dinner Roll All Beef 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 - 18</p> <p>Chicken Patty Sandwich Ham & Cheese Melt Beef & Bean 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 - 19</p> <p>Stuffed Pepperoni Pizza Cheeseburger 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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May - 22 Corn Dog Mini's Ham/Cheese Croissant Pepperoni Bread 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	May - 23 Taco Nachos Peanut Butter & Jelly 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	May - 24 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	May - 25 Beef Hot Pie 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	May - 26 EARLY RELEASE DAY PBJ Jamwich 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 - 29 HOLIDAY	May - 30 NO SCHOOL TODAY	May - 31		

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