

Okeechobee County Schools

Elementary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 French Toast with Sausage Links PBJ Graham Waffer Sandwi 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	Nov - 2 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
Nov - 5 Breakfast Burrito 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	Nov - 6 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	Nov - 7 Chicken & Biscuit Strawberry Bar/Chs 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	Nov - 8 Cheese Max Sticks w/Marinara 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	Nov - 9 French Toast with Sausage Links Cinnamon Rolls 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
Nov - 12 Ham/Cheese Croissant 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	Nov - 13 Chix Patty w/Dutch Waffl 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	Nov - 14 Bacon/Omelet onCroissant 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	Nov - 15 French Toast with Sausage Links PBJ Graham Waffer Sandwi 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	Nov - 16 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
Nov - 19 NO SCHOOL TODAY	Nov - 20 NO SCHOOL TODAY	Nov - 21 NO SCHOOL TODAY	Nov - 22 NO SCHOOL TODAY	Nov - 23 NO SCHOOL TODAY

**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.

Okeechobee County Schools

Elementary Breakfast

Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 26 Ham/Cheese Croissant 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	Nov - 27 Chix Patty w/Dutch Waffl 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	Nov - 28 Bacon/Omelet onCroissant 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	Nov - 29 French Toast with Sausage Links PBJ Graham Waffer Sandwi 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	Nov - 30 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

**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.