

# Okeechobee County Schools

## High School Lunch

Jan 7, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7	Jan - 1 Jan - 8 Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad Buffalo Chicken Pizza Warm Tangy Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 2 Jan - 9 Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet w/Roll Green Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 3 Jan - 10 Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito Pepperoni Pizza BigDaddy Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 4 Jan - 11 Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc Tornados w/Refried Beans 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
Jan - 14 BBQ Chicken Sandwich Turkey/Ham on Flat Bread Cheeseburger Spicy Chicken Sandwich Mixed Vegetables Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 15 Taco Nachos Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Buffalo Chicken Pizza Refried Bean w/Chs Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 16 Chic Chic Fillet w/Roll PBJ Twin Pack Cheese Max Sticks w/Marinara Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 17 BBQ Pork on Garlic Bread Chef Salad Flamin' Chicken Bites Pepperoni Pizza BigDaddy Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 18 Personal Pepperoni Pizza Chicken Patty Sandwich Tornados w/Refried Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Jan - 21	Jan - 22 Catfish w/Hushpuppies Chic Chic Fillet w/Roll Cheeseburger Buffalo Chicken Pizza Country Wedge Potatoes Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 23 Beefaroni Dinner Roll Chicken Patty Sandwich Chef Salad Chic Chic Fillet w/Roll Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 24 PopCorn Chicken w/Rolls Yogurt Cup/Fruit Plate Cheeseburger Sliders Pepperoni Pizza BigDaddy Roasted Squash/Zucchini Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 25 Fiestada Pizza Spicy Chix/Baked Potato Tornados w/Refried Beans Mixed Vegetables 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.

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Jan - 28  Lasagna Rollup Toasted Garlic Bread Ham & Chs Triple Play Tornados w/Refried Beans Yogurt Cup/Fruit Plate Spicy Chicken Sandwich PBJ Twin Pack 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	Jan - 29  Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad Buffalo Chicken Pizza Warm Tangy Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 30  Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet w/Roll Green Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 31  Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito Pepperoni Pizza BigDaddy Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	

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