

Okeechobee County Schools

Middle School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Chef Salad 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	Nov - 2 Fiestada Pizza Spicy Chix/Baked Potato Ham/Cheese Croissant 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
Nov - 5 Cheesy Meatloaf Stacker Ham & Chs Triple Play Yogurt Cup/Fruit Plate Chrispy Chicken Tender Salad w/Roll 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	Nov - 6 Breaded Chicken Garlic Breadstick Chef Salad Cheese Max Sticks w/Marinara 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	Nov - 7 Shepherd's Pie 1055 Dinner Roll PBJ Jamwich Colby Jack Cheese Stick BBQ Pork on Garlic Bread 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	Nov - 8 Chicken Patty Sandwich Turkey & Cheese Sliders Chef Salad 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	Nov - 9 Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc 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
Nov - 12 Homemade Mac & Cheese Dinner Roll Turkey/Ham on Flat Bread Chrispy Chicken Tender Salad w/Roll 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	Nov - 13 Taco Nachos Refried Bean w/Chs Tossed Salad Cup Ham/Cheese Croissant Spicy Chicken Sandwich 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 Holiday Meal-Yum Yum	Nov - 15 BBQ Pork on Garlic Bread Chef Salad Cheeseburger Sliders 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	Nov - 16 EARLY RELEASE DAY PBJ Jamwich Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups 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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Monday	Tuesday	Wednesday	Thursday	Friday
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
Nov - 26 Lasagna Rollup Toasted Garlic Bread Ham & Chs Triple Play Yogurt Cup/Fruit Plate Chrispy Chicken Tender Salad w/Roll 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	Nov - 27 Breaded Chicken Garlic Breadstick Chef Salad Cheese Max Sticks w/Marinara 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	Nov - 28 Shepherd's Pie 1055 Dinner Roll PBj Jamwich Colby Jack Cheese Stick BBQ Pork on Garlic Bread 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	Nov - 29 Chicken Patty Sandwich Turkey & Cheese Sliders Chef Salad 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	Nov - 30 Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc 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

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