

Okeechobee County Schools

Middle School Lunch

Jan 7, 2019

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 7	Jan - 1 Jan - 8 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	Jan - 2 Jan - 9 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	Jan - 3 Jan - 10 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	Jan - 4 Jan - 11 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
Jan - 14 BBQ Chicken Sandwich 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	Jan - 15 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	Jan - 16 Chic Chic Fillet/Roll PBJ Jamwich Colby Jack Cheese Stick Chef Salad 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 w/ 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	Jan - 18 Personal Pepperoni Pizza Chicken Patty Sandwich Variety of Fresh Fruit Variety of Fruit Juice 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 Cheeseburger Chrispy Chicken Tender Salad w/Roll 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 Chef Salad Spicy Chicken Sandwich 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/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	Jan - 25 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

**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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Page 2

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Jan - 28 Lasagna Rollup/Garlic Br 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	Jan - 29 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	Jan - 30 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	Jan - 31 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	

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