

Okeechobee County Schools

High School Lunch

Monday	Tuesday	Wednesday	Thursday	Friday
			Nov - 1 PopCorn Chicken w/Rolls Yogurt Cup/Fruit Plate Cheeseburger Sliders 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 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 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	Nov - 6 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	Nov - 7 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	Nov - 8 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	Nov - 9 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
Nov - 12 Homemade Mac & Cheese Dinner Roll 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	Nov - 13 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	Nov - 14 Holiday Meal-Yum Yum	Nov - 15 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	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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Oct 30, 2018

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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 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	Nov - 27 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	Nov - 28 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	Nov - 29 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	Nov - 30 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

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