

# Okeechobee County Schools

## Middle School Lunch

Oct 2, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Oct - 1</p> <p>Homemade Mac &amp; Cheese Dinner Roll Turkey/Ham on Flat Bread Crispy 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</p>	<p>Oct - 2</p> <p>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</p>	<p>Oct - 3</p> <p>Chic Chic Fillet Dinner Roll PBJ Jamwich Colby Jack Cheese Stick Chef Salad Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Oct - 4</p> <p>BBQ Pork on Garlic Bread Chef Salad Cheeseburger Sliders Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers &amp; Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Oct - 5</p> <p>Personal Pepperoni Pizza Chicken Patty Sandwich 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</p>
<p>Oct - 8</p> <p>Salisbury Steak/Potatoes Dinner Roll Ham &amp; Chs Triple Play Chef Salad Homestyle Baked Beans 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</p>	<p>Oct - 9</p> <p>Catfish w/Hushpuppies Cheeseburger Crispy Chicken Tender Salad w/Roll Country Wedge Potatoes Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Oct - 10</p> <p>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</p>	<p>Oct - 11</p> <p>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</p>	<p>Oct - 12</p> <p>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</p>
<p>Oct - 15</p> <p>Teacher Planning Day</p>	<p>Oct - 16</p> <p>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</p>	<p>Oct - 17</p> <p>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</p>	<p>Oct - 18</p> <p>Chicken Patty Sandwich Turkey &amp; 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</p>	<p>Oct - 19</p> <p>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</p>

\*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 - 29 Salisbury Steak/Potatoes Dinner Roll Ham & Chs Triple Play Chef Salad Homestyle Baked Beans 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	Oct - 30 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	Oct - 31 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		

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