

Okeechobee County Schools

High School Lunch

Oct 2, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Homemade Mac & Cheese Dinner Roll Turkey/Ham on Flat Bread Cheeseburger 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	Oct - 2 Taco Nachos Refried Bean w/Chs Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 3 Chic Chic Fillet Dinner Roll PBJ Twin Pack Cheese Max Sticks w/Marinara 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	Oct - 4 BBQ Pork on Garlic Bread Chef Salad Flamin' Chicken Bites 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	Oct - 5 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
Oct - 8 Salisbury Steak/Potatoes Dinner Roll Ham & Chs Triple Play Hot Bites Wrap 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	Oct - 9 Catfish w/Hushpuppies Chic Chic Fillet Cheeseburger Country Wedge Potatoes Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Oct - 10 Beefaroni Dinner Roll Chicken Patty Sandwich Chef Salad 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	Oct - 11 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	Oct - 12 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
Oct - 15 Teacher Planning Day	Oct - 16 Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad 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	Oct - 17 Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet 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	Oct - 18 Chicken Patty Sandwich Turkey & Cheese Sliders Bean & Cheese Burrito 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	Oct - 19 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

**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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