

Okeechobee County Schools

Elementary Breakfast

Oct 2, 2018

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|--|---|---|---|---|
| Oct - 1 Ham/Cheese Croissant Strawberry Mini Pancakes Cereal & Muffin Variety(ES,MS) 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 Chix Patty w/Dutch Waffl Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS) 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 Bacon/Omelet onCroissant Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 4 French Toast with Sausage Links PBJ Graham Waffer Sandwi Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 5 Pork Sausage Biscuit Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free |
| Oct - 8 Breakfast Burrito Donut Ring Cereal & Muffin Variety(ES,MS) 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 Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 10 Chicken & Biscuit Strawberry Bar/Chs Stick Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 11 Cheese Max Sticks w/Marinara Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) 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 French Toast with Sausage Links Cinnamon Rolls Cereal & Muffin Variety(ES,MS) 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 Chix Patty w/Dutch Waffl Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS) 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 Bacon/Omelet onCroissant Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) 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 French Toast with Sausage Links PBJ Graham Waffer Sandwi Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 19 Pork Sausage Biscuit Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) 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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| Oct - 22 Breakfast Burrito Donut Ring Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 23 Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 24 Chicken & Biscuit Strawberry Bar/Chs Stick Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 25 Cheese Max Sticks w/Marinara Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Oct - 26 French Toast with Sausage Links Cinnamon Rolls Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free |
| Oct - 29 Ham/Cheese Croissant Strawberry Mini Pancakes Cereal & Muffin Variety(ES,MS) 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 Chix Patty w/Dutch Waffl Yogurt Cup/Cinnamon Roll Cereal & Muffin Variety(ES,MS) 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 Bacon/Omelet onCroissant Pop Tart w/ Cheese Stick Cereal & Muffin Variety(ES,MS) 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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