

Okeechobee County Schools

Elementary Lunch

Sep 9, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2 HOLIDAY	Sep - 3 Breakfast for Lunch Grilled Cheese Sandwich Hashbrown Rounds 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	Sep - 4 Shepherd's Pie Dinner Roll Green Beans PBJ Jamwich & Muffin Colby Jack Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 5 Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Corn on the Cob Yogurt Cup/Fruit Plate 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	Sep - 6 Cheesy French Brd Pizza Bacon Cheeseburger Homestyle Baked Beans 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
Sep - 9 Chicken Alfredo Dinner Roll Turkey/Ham on Flat Bread Mixed Vegetables Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 10 Taco Nachos Ham/Cheese Croissant Refried Bean w/Chs Tossed Salad Cup Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 11 Corn Dog Mini's PBJ Jamwich & Muffin 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	Sep - 12 EARLY RELEASE DAY PBJ Jamwich & Muffin Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 13 Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll 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
Sep - 16 Salisbury Steak/Potatoes Dinner Roll Turkey & Cheese Sub Homestyle Baked Beans Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Sep - 17 Breaded Chicken Garlic Breadstick Chef Salad California Blend Veggies 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	Sep - 18 Spaghetti w/Meat Sauce Dinner Roll Chef Salad Green Beans 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	Sep - 19 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Broccoli in Cheese Sauce 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	Sep - 20 Fiestada Pizza BBQ Pork Sandwich Mixed Vegetables 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

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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<p>Sep - 23</p> <p>Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate Spicy Wedge Potatoes Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 24</p> <p>Breakfast for Lunch Grilled Cheese Sandwich Hashbrown Rounds 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>Sep - 25</p> <p>Shepherd's Pie Dinner Roll Green Beans PB&J Jamwich & Muffin Colby Jack Cheese Stick 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>Sep - 26</p> <p>Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Corn on the Cob Yogurt Cup/Fruit Plate 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>Sep - 27</p> <p>Cheesy French Brd Pizza Bacon Cheeseburger Homestyle Baked Beans 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>Sep - 30</p> <p>Chicken Alfredo Dinner Roll Turkey/Ham on Flat Bread Mixed Vegetables Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>				

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