

Okeechobee County Schools

High School Breakfast

Mar 2, 2020

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| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|--|--|--|
| <p>Mar - 2</p> <p>Cheese or Apple Stick Strawberry Mini Pancakes Cereal & Muffin 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>Mar - 3</p> <p>Boneless Wings w/Waffle Mini Donut 6 Pack Cereal & Muffin 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>Mar - 4</p> <p>Egg/Bacon/Chs on Biscuit Pop Tarts Cereal & Muffin 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>Mar - 5</p> <p>French Toast with Sausage Links PBJ Graham Waffer Cereal & Muffin 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>Mar - 6</p> <p>Pork Sausage Biscuit PopTarts w/ Cheese Stick Cereal & Muffin 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>Mar - 9</p> <p>Biscuit Sticks W/Jelly Donut Ring Cereal & Muffin 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>Mar - 10</p> <p>Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin 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>Mar - 11</p> <p>Chicken Chunks & Biscuit Warm Cinnamon Bread Cereal & Muffin 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>Mar - 12</p> <p>Cheese Max Sticks w/Marinara Cinnamon Toast Crunch Bar Cereal & Muffin 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>Mar - 13</p> <p>Cinnamon Roll Cereal & Muffin Pop Tarts 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>Mar - 16</p> <p>Spring Break</p> | <p>Mar - 17</p> <p>Spring Break</p> | <p>Mar - 18</p> <p>Spring Break</p> | <p>Mar - 19</p> <p>Spring Break</p> | <p>Mar - 20</p> <p>Spring Break</p> |
| <p>Mar - 23</p> <p>No Teachers/ No Students</p> | <p>Mar - 24</p> <p>Sausage/Chs Brkfst Pizza Yogurt Cup/Cinnamon Roll Cereal & Muffin 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>Mar - 25</p> <p>Chicken Chunks & Biscuit Warm Cinnamon Bread Cereal & Muffin 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>Mar - 26</p> <p>Cheese Max Sticks w/Marinara Cinnamon Toast Crunch Bar Cereal & Muffin 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>Mar - 27</p> <p>Cinnamon Roll Cereal & Muffin Pop Tarts 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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|---|--|-----------|----------|--------|
| Mar - 30 | Mar - 31 | | | |
| Cheese or Apple Stick Strawberry Mini Pancakes Cereal & Muffin Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free | Boneless Wings w/Waffle Mini Donut 6 Pack Cereal & Muffin 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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