

# Okeechobee County Schools

## Middle School Breakfast

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Feb 13, 2020

| Monday   | Tuesday  | Wednesday  | Thursday  | Friday   |
|--|--|--|---|--|
| <b>Feb - 3</b><br>French Toast with Sausage Links<br>Strawberry Mini Pancakes<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | <b>Feb - 4</b><br>Boneless Wings w/Waffle<br>Mini Donut 6 Pack<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free          | <b>Feb - 5</b><br>Egg/Bacon/Chs on Biscuit<br>Pop Tart w/ Cheese Stick<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free  | <b>Feb - 6</b><br>Pepperoni Breadsticks<br>PBJ Graham Waffer<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free                 | <b>Feb - 7</b><br>Pork Sausage Biscuit<br>Pop Tart w/ Cheese Stick<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free  |
| <b>Feb - 10</b><br>French Toast with Sausage Links<br>Donut Ring<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free              | <b>Feb - 11</b><br>Sausage/Chs Brkfst Pizza<br>Yogurt Cup/Cinnamon Roll<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | <b>Feb - 12</b><br>Chicken Chunks & Biscuit<br>Warm Cinnamon Bread<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free      | <b>Feb - 13</b><br>Cheese Max Sticks w/Marinara<br>Cinnamon Toast Crunch Bar<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | <b>Feb - 14</b><br>Cinnamon Roll<br>Cereal & Muffin Variety(ES,MS)<br>Pop Tart w/ Cheese Stick<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free        |
| <b>Feb - 17</b>  | <b>Feb - 18</b><br>Boneless Wings w/Waffle<br>Mini Donut 6 Pack<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free         | <b>Feb - 19</b><br>Egg/Bacon/Chs on Biscuit<br>Pop Tart w/ Cheese Stick<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | <b>Feb - 20</b><br>Pepperoni Breadsticks<br>PBJ Graham Waffer<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free                | <b>Feb - 21</b><br>Pork Sausage Biscuit<br>Pop Tart w/ Cheese Stick<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>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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| Monday  | Tuesday   | Wednesday  | Thursday   | Friday   |
|---|---|--|--|--|
| Feb - 24  | Feb - 25  | Feb - 26   | Feb - 27   | Feb - 28   |
| French Toast with<br>Sausage Links<br>Donut Ring<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | Sausage/Chs Brkfst Pizza<br>Yogurt Cup/Cinnamon Roll<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | Chicken Chunks & Biscuit<br>Warm Cinnamon Bread<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | Cheese Max Sticks w/Marinara<br>Cinnamon Toast Crunch Bar<br>Cereal & Muffin Variety(ES,MS)<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free | Cinnamon Roll<br>Cereal & Muffin Variety(ES,MS)<br>Pop Tart w/ Cheese Stick<br>Variety of Fresh Fruit<br>Variety of Fruit Cups<br>Variety of Fruit Juice<br>MILK 1% Lowfat<br>Chocolate Milk Fat Free<br>Chocolate Milk Fat Free |

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