

Okeechobee County Schools

High School Lunch

Sep 9, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sep - 2</p> <p>HOLIDAY</p>	<p>Sep - 3</p> <p>Breakfast for Lunch Grilled Cheese Sandwich Spicy Chicken Sandwich Buffalo Chicken Pizza Chef Salad 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 - 4</p> <p>Shepherd's Pie Dinner Roll PBJ Twin Pack Boneless Chicken Wings with Biscuit Sticks Flamin' Chicken Bites 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</p>	<p>Sep - 5</p> <p>Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Chef Salad Spicy Chicken Sandwich Cheeseburger Mini Slider Pepperoni Pizza BigDaddy Corn on the Cob 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 Boneless Chicken Wings with Biscuit Sticks Chicken Patty Sandwich</p>	<p>Sep - 6</p> <p>Cheesy French Brd Pizza Bacon Cheeseburger Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) Tornados w/Refried 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 Spicy Chicken Sandwich</p>
<p>Sep - 9</p> <p>BBQ Chicken Sandwich Turkey/Ham on Flat Bread Crispy Chicken Tender Salad w/Roll 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 Spicy Chicken Sandwich</p>	<p>Sep - 10</p> <p>Taco Nachos Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Spicy Chicken Sandwich Buffalo Chicken Pizza 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</p>	<p>Sep - 11</p> <p>Corn Dog PBJ Twin Pack Spicy Chicken Sandwich Chef Salad PopCorn Chicken w/Rolls Flamin' Chicken Bites 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</p>	<p>Sep - 12</p> <p>EARLY RELEASE DAY PBJ Twin Pack 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 13</p> <p>Pepperoni Pizza BBQ Pork Sandwich Flamin' Chicken Bites Tornados w/Refried 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>

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.

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<p>Sep - 16</p> <p>Salisbury Steak/Potatoes Dinner Roll Ham & Chs Triple Play Chef Salad Homestyle Baked Beans 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</p>	<p>Sep - 17</p> <p>Breaded Chicken Garlic Breadstick Chef Salad Cheeseburger Mini Slider Spicy Chicken Sandwich Buffalo Chicken Pizza California Blend Veggies Variety of Fresh Fruit Variety of Fruit Cups 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 - 18</p> <p>Spaghetti w/Meat Sauce Dinner Roll Chef Salad Tornados w/Refried Beans PopCorn Chicken w/Rolls Flamin' Chicken Bites Green Beans Variety of Fresh Fruit Variety of Fruit Cups 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 - 19</p> <p>PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Chef Salad Roasted Squash/Zucchini 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 - 20</p> <p>Fiestada Pizza Spicy Chix/Baked Potato Dinner Roll Flamin' Chicken Bites Tornados w/Refried Beans 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</p>
<p>Sep - 23</p> <p>Chicken Patty Sandwich Turkey & Cheese Sliders Yogurt Cup/Fruit Plate Tornados w/Refried Beans Spicy Chicken Sandwich 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 Spicy Chicken Sandwich Buffalo Chicken Pizza Chef Salad 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 PBJ Twin Pack Boneless Chicken Wings with Biscuit Sticks Flamin' Chicken Bites 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</p>	<p>Sep - 26</p> <p>Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Chef Salad Spicy Chicken Sandwich Cheeseburger Sliders Pepperoni Pizza BigDaddy Corn on the Cob 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 Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) Tornados w/Refried 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>

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Sep - 30 BBQ Chicken Sandwich Turkey/Ham on Flat Bread Chrispy Chicken Tender Salad w/Roll 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				

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