

# Okeechobee County Schools

## High School Lunch

Nov 30, 2021

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3	Jan - 4	Jan - 5	Jan - 6	Jan - 7
	Beef & Cheese Burrito Cheeseburger Chef Salad Chicken Tenders/Roll Sub Sandwich Bar Tossed Salad Cup Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Potato Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Chicken Chunks/Breadstic Chef Salad Ham/Cheese Croissant Flamin' Chicken Bites Nacho Bar California Blend Veggies Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Pepperoni Pizza PBJ Twin Pack Spicy Chicken Sandwich Sub Sandwich Bar Homestyle Baked Beans Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Jan - 10	Jan - 11	Jan - 12	Jan - 13	Jan - 14
Chicken Tenders/Roll Yogurt Cup/Fruit Plate BBQ Pork Sandwich Stuffed Cheese Pizza Nacho Bar Broccoli in Cheese Sauce Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Mexicali Salad Ham & Chs Triple Play BBQ Chicken Sandwich Flamin' Chicken Bites Sub Sandwich Bar Corn on the Cob Broccoli Florets/Tomatoes/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Shepherd's Pie Dinner Roll Hotdog Grilled Cheese Sandwich Spicy Chicken Sandwich Potato Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Chicken Patty Sandwich Ham & Cheese Melt Beef & Cheese Burrito Nacho Bar Spicy Wedge Potatoes Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Pizza Pinwheel Cheeseburger Flamin' Chicken Bites Fiestada Pizza Sub Sandwich Bar Homestyle Baked Beans Sweet Yellow Corn 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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Page 2

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 17	Jan - 18 Taco Nachos PBJ Twin Pack Egg Salad Sandwich Flamin' Chicken Bites Sub Sandwich Bar 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	Jan - 19 Chicken Nuggets w/Roll BBQ Pork Sandwich Pepperoni Pizza BigDaddy Potato Bar Tater Tots Yogurt Cup/Fruit Plate Green Beans Fresh Baby Carrots Variety of Fruit Cups Variety of Fresh Fruit Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 20 Chicken Alfredo Dinner Roll Yogurt Cup/Fruit Plate Ham/Cheese Croissant Spicy Chicken Sandwich Nacho Bar Warm Tangy Carrots Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 21 Fiestada Pizza PBJ Twin Pack Chicken Patty Sandwich Chicken Bacon Ranch Wrap Sub Sandwich Bar Homestyle Baked Beans Fresh Baby Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Jan - 24 Chicken Chunks/Breadstic Loaded Spud PBJ Twin Pack Nacho Bar Stuffed Cheese Pizza Oven Fries Red & Green Peppers/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 25 Beef & Cheese Burrito Cheeseburger Chef Salad Chicken Tenders/Roll Sub Sandwich Bar Tossed Salad Cup Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Jan - 26 Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Potato Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 27 Chicken Chunks/Breadstic Chef Salad Ham/Cheese Croissant Flamin' Chicken Bites Nacho Bar California Blend Veggies Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 28 Pepperoni Pizza PBJ Twin Pack Spicy Chicken Sandwich Sub Sandwich Bar Homestyle Baked Beans Fresh Baby Carrots 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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Page 3

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Jan - 31  Chicken Tenders/Roll Yogurt Cup/Fruit Plate BBQ Pork Sandwich Stuffed Cheese Pizza Nacho Bar Broccoli in Cheese Sauce Fresh Vegetables Variety 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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