

Okeechobee County Schools

Middle School Lunch

Feb 13, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
				Mar - 1 Personal Pepperoni Pizza Chicken Patty Sandwich 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
Mar - 4 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	Mar - 5 Catfish w/Hushpuppies Cheeseburger Chrispy Chicken Tender Salad w/Roll Country Wedge Potatoes 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	Mar - 6 Beefaroni Dinner Roll Chef Salad Spicy Chicken Sandwich Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Mar - 7 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	Mar - 8 Fiestada Pizza Spicy Chix/Baked Potato Dinner Roll Ham/Cheese Croissant 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
Mar - 11 Spring Break	Mar - 12 Spring Break	Mar - 13 Spring Break	Mar - 14 Spring Break	Mar - 15 Spring Break
Mar - 18 No Teachers/ No Students	Mar - 19 Taco Nachos Refried Bean w/Chs Tossed Salad Cup Ham/Cheese Croissant Spicy Chicken Sandwich 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	Mar - 20 Chic Chic Fillet/Roll PBJ Jamwich 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	Mar - 21 BBQ Pork w/ Garlic Bread Chef Salad Cheeseburger Sliders Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Mar - 22 Personal Pepperoni Pizza Chicken Patty Sandwich 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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Mar - 25	Mar - 26	Mar - 27	Mar - 28	Mar - 29
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	Catfish w/Hushpuppies Cheeseburger Crispy Chicken Tender Salad w/Roll Country Wedge Potatoes 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	Beefaroni Dinner Roll Chef Salad Spicy Chicken Sandwich Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	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	Fiestada Pizza Spicy Chix/Baked Potato Dinner Roll Ham/Cheese Croissant 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

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