

# Okeechobee County Schools

## Middle School Lunch

Feb 13, 2020

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Feb - 3</p> <p>Chicken Alfredo Dinner Roll Grilled Cheese Sandwich Yogurt Cup/Fruit Plate Mixed Vegetables Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Feb - 4</p> <p>Taco Nachos Ham/Cheese Croissant Chicken Nuggets w/Roll 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>Feb - 5</p> <p>Corn Dog Mini's PBJ Jamwich &amp; Muffin Mozzarella Cheese Stick Chef Salad Cheeseburger 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>Feb - 6</p> <p>Chic Chic Fillet/Roll Yogurt Cup/Fruit Plate Chef Salad Meatball Sub Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers &amp; Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Feb - 7</p> <p>Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll Turkey &amp; Cheese Sub 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>Feb - 10</p> <p>Salisbury Steak/Potatoes Dinner Roll Grilled Cheese Sandwich PBJ Jamwich &amp; Muffin Mozzarella Cheese Stick Homestyle Baked Beans Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Feb - 11</p> <p>Breaded Chicken Garlic Breadstick Chef Salad Ham/Cheese Croissant California Blend Veggies 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>Feb - 12</p> <p>Spaghetti Dinner Roll Chef Salad Cheeseburger Green Beans 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>Feb - 13</p> <p>PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Beef &amp; Cheese Burrito Broccoli in Cheese Sauce 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>Feb - 14</p> <p>EARLY RELEASE DAY PBJ Jamwich &amp; Muffin Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>
<p>Feb - 17</p>	<p>Feb - 18</p> <p>Breakfast for Lunch Grilled Cheese Sandwich 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>Feb - 19</p> <p>Shepherd's Pie Dinner Roll PBJ Jamwich &amp; Muffin Mozzarella Cheese Stick Pork Rib-B Sandwich Sweet Potato Waffle Fry 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>Feb - 20</p> <p>Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham &amp; Chs Triple Play Chef Salad Cheeseburger Mini Slider 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>Feb - 21</p> <p>Stuffed Cheese Pizza Bacon Cheeseburger Flamin' Chicken Bites Biscuit Sticks (ES,MS,HS) 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.**

**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
Chicken Alfredo Dinner Roll Grilled Cheese Sandwich Yogurt Cup/Fruit Plate Mixed Vegetables Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Taco Nachos Ham/Cheese Croissant Chicken Nuggets w/Roll 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	Corn Dog Mini's PBJ Jamwich & Muffin Mozzarella Cheese Stick Chef Salad Cheeseburger 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	Chic Chic Fillet/Roll Yogurt Cup/Fruit Plate Chef Salad Meatball Sub 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	Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll Turkey & Cheese Sub 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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