Okeechobee County Schools

Page 1 Middle School Lunch Jan 7, 2019

Monday	Tuesday	Wednesday	Thursday	Jan 7, 2019 Friday
Wionday	Jan - 1	Jan - 2	Jan - 3	Jan - 4
Jan - 7	Jan - 8	Jan - 9	Jan - 10	Jan - 11
Jan - 7	Jan - o	Jan - 9	Jan - 10	Jan- II
	Breaded Chicken	Shepherd's Pie 1055	Chicken Patty Sandwich	Stuffed Cheese Pizza
	Garlic Breadstick	Dinner Roll	Turkey & Cheese Sliders	Chicken Fajita Wrap
	Chef Salad	PBJ Jamwich	Chef Salad	w/ Queso Blanco Chs Sauc
	Cheese Max Sticks w/Marinara	Colby Jack Cheese Stick	Spicy Wedge Potatoes	Homestyle Baked Beans
	Warm Tangy Carrots	BBQ Pork on Garlic Bread	Variety of Fresh Fruit	Variety of Fresh Fruit
	Variety of Fresh Fruit	Green Beans	Variety of Fruit Cups	Variety of Fruit Cups
	Variety of Fruit Cups	Variety of Fresh Fruit	Variety of Fruit Cups Variety of Fruit Juice	Variety of Fruit Juice
	Variety of Fruit Juice	Variety of Fruit Cups	Broccoli Florets w/Dip	MILK 1% Lowfat
	MILK 1% Lowfat	Variety of Fruit Juice	MILK 1% Lowfat	Chocolate Milk Fat Free
	Chocolate Milk Fat Free	MILK 1% Lowfat	Chocolate Milk Fat Free	Chocolate Milk Fat Free
	Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free
	Chocolate Wilk Fat Free		Chocolate Wilk Fat Free	
		Chocolate Milk Fat Free		
Jan - 14	Jan - 15	Jan - 16	Jan - 17	Jan - 18
BBQ Chicken Sandwich	Taco Nachos	Chic Chic Fillet/Roll	BBQ Pork w/ Garlic Bread	Personal Pepperoni Pizza
Turkey/Ham on Flat Bread	Refried Bean w/Chs	PBJ Jamwich	Chef Salad	Chicken Patty Sandwich
Chrispy Chicken Tender	Tossed Salad Cup	Colby Jack Cheese Stick	Cheeseburger Sliders	Variety of Fresh Fruit
Salad w/Roll	Ham/Cheese Croissant	Chef Salad	Oven Fries	Variety of Fruit Cups
Mixed Vegetables	Spicy Chicken Sandwich	Sweet Yellow Corn	Variety of Fresh Fruit	Variety of Fruit Juice
Sandwich Trimmings	Variety of Fresh Fruit	Variety of Fresh Fruit	Variety of Fruit Cups	Fresh Vegetables Variety
Variety of Fresh Fruit	Variety of Fruit Cups	Variety of Fruit Cups	Variety of Fruit Juice	MILK 1% Lowfat
Variety of Fruit Cups	Variety of Fruit Juice	Variety of Fruit Juice	Cucumbers & Grape Tomatoes	Chocolate Milk Fat Free
Variety of Fruit Juice	MILK 1% Lowfat	Fresh Baby Carrots	MILK 1% Lowfat	Chocolate Milk Fat Free
MILK 1% Lowfat	Chocolate Milk Fat Free	MILK 1% Lowfat	Chocolate Milk Fat Free	Onocolate William Lat Lice
Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free	
Chocolate Milk Fat Free	Chocolate William Lat Lice	Chocolate Milk Fat Free	Onocolate Will Tat 1100	
Choosiate Mink Fat Free		Chicolate William Fac Free		
Jan - 21	Jan - 22	Jan - 23	Jan - 24	Jan - 25
	Catfish w/Hushpuppies	Beefaroni	PopCorn Chicken w/Roll	Fiestada Pizza
	Cheeseburger	Dinner Roll	Yogurt Cup/Fruit Plate	Spicy Chix/Baked Potato
	Chrispy Chicken Tender	Chef Salad	Chef Salad	Ham/Cheese Croissant
	Salad w/Roll	Spicy Chicken Sandwich	Roasted Squash/Zucchini	Mixed Vegetables
	Country Wedge Potatoes	Variety of Fresh Fruit	Variety of Fresh Fruit	Variety of Fresh Fruit
	Sandwich Trimmings	Variety of Fruit Cups	Variety of Fruit Cups	Variety of Fruit Cups
	Variety of Fresh Fruit	Variety of Fruit Juice	Variety of Fruit Juice	Variety of Fruit Juice
	Variety of Fruit Cups	Fresh Baby Carrots	MILK 1% Lowfat	MILK 1% Lowfat
	Variety of Fruit Juice	MILK 1% Lowfat	Chocolate Milk Fat Free	Chocolate Milk Fat Free
	MILK 1% Lowfat	Chocolate Milk Fat Free	Chocolate Milk Fat Free	Chocolate Milk Fat Free
	Chocolate Milk Fat Free	Chocolate Milk Fat Free		
	Chocolate Milk Fat Free	3		
	Onoonate mint at 1100			
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^{*}N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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.

^{* -} denotes combined nutrient totals with either missing or incomplete nutrient data.

Okeechobee County Schools

Page 2 Middle School Lunch Jan 7, 2019

			Jan 7, 2015
Tuesday	Wednesday	Thursday	Friday
Jan - 29	Jan - 30	Jan - 31	
Breaded Chicken Garlic Breadstick Chef Salad Cheese Max Sticks w/Marinara Warm Tangy Carrots 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 1055 Dinner Roll PBJ Jamwich Colby Jack Cheese Stick BBQ Pork on Garlic Bread 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	Chicken Patty Sandwich Turkey & Cheese Sliders Chef Salad Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	
	Jan - 29 Breaded Chicken Garlic Breadstick Chef Salad Cheese Max Sticks w/Marinara Warm Tangy Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Tuesday Jan - 29 Breaded Chicken Garlic Breadstick Chef Salad Cheese Max Sticks w/Marinara Warm Tangy Carrots Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Wlarm Tangy Carrots Variety of Fruit Cups Variety of Fruit Juice Warm Tangy Carrots Variety of Fruit Cups Variety of Fruit Cups Wllk 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Wednesday Mednesday Mednesday Mednesday As pepherd's Pie 1055 Dinner Roll PBJ Jamwich Colby Jack Cheese Stick BBQ Pork on Garlic Bread Green Beans Variety of Fruit Cups Variety of Fruit Cups MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 29 Breaded Chicken Garlic Breadstick Chef Salad Cheese Max Sticks w/Marinara Warm Tangy 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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