

Okeechobee County Schools

Middle School Lunch

Nov 30, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3	Jan - 4	Jan - 5	Jan - 6	Jan - 7
	Beef & Cheese Burrito Cheeseburger Chef Salad Chicken Tenders/Roll Tossed Salad Cup Sweet Yellow Corn 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 Pizza Pinwheel 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 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 Jamwich & Muffin 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 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 Turkey & Cheese Sub BBQ Chicken Sandwich 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 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 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 Loaded Spud 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
Jan - 17	Jan - 18	Jan - 19	Jan - 20	Jan - 21
	Taco Nachos PBJ Jamwich & Muffin Mozzarella Cheese Stick Egg Salad Sandwich 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	Chicken Nuggets w/Roll BBQ Pork Sandwich Tater Tots Yogurt Cup/Fruit Plate Green Beans Fresh Baby Carrots Variety of Fruit Cups Variety of Fresh Fruit Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Chicken Alfredo Dinner Roll Yogurt Cup/Fruit Plate Turkey & Cheese Sub Warm Tangy Carrots Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Fiestada Pizza PBJ Jamwich & Muffin Mozzarella Cheese Stick Chicken Patty Sandwich 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

**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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Jan - 24 Chicken Chunks & Biscuit Loaded Spud PBJ Jamwich & Muffin Mozzarella Cheese Stick Oven Fries 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 Tossed Salad Cup Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Jan - 26 Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate Pizza Pinwheel 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 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 Jamwich & Muffin 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 - 31 Chicken Tenders/Roll Yogurt Cup/Fruit Plate BBQ Pork Sandwich 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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