

# Okeechobee County Schools

## Elementary Lunch

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Nov 30, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3	Jan - 4	Jan - 5	Jan - 6	Jan - 7
	Beef & Cheese Burrito Cheeseburger Sandwich Trimmings 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	Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate 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	Chicken Chunks/Breadstic Chef Salad 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 Mozzarella Cheese Stick Homestyle Baked Beans 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 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	BBQ Chicken Sandwich Mexicali Salad Turkey & Cheese Sub 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 Chef Salad 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 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 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 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 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	Fiestada Pizza PBJ Jamwich & Muffin Homestyle Baked Beans 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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## Elementary Lunch

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Nov 30, 2021

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 24  Chicken Chunks & Biscuit Loaded Spud Ham & Chs Triple Play 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 Sandwich Trimmings 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 - 26  Beefaroni Garlic Breadstick Yogurt Cup/Fruit Plate 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	Jan - 27  Chicken Chunks/Breadstic Chef Salad 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 Mozzarella Cheese Stick Homestyle Baked Beans 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 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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