

Okeechobee County Schools

Middle School Breakfast

Aug 26, 2021

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Monday	Tuesday	Wednesday	Thursday	Friday
Aug - 30 Sausage/Chs Brkfst Pizza Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Aug - 31 French Toast with Sausage Links Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 1 Chicken Drum/Breadstick Donut Ring Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 2 Breakfast Burrito Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 3 Egg Omeletes w/Biscuit Apple Cinn Texas Toast Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free
Sep - 6 HOLIDAY	Sep - 7 Biscuit w/Sausage Gravy Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 8 Mini Pancakes Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 9 Egg/Bacon/Chs on Biscuit Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 10 Boneless Wings w/Waffle Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free
Sep - 13 NO SCHOOL TODAY	Sep - 14 Chicken Biscuit Mini Donut 6 Pack Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 15 Egg & Cheese on Croissant Cinnabar Pastry Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 16 Waffle Mini's Yogurt Cup/Cinnamon Roll Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 17 Cinnamon Roll Mini's Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free
Sep - 20 Sausage/Chs Brkfst Pizza Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 21 French Toast with Sausage Links Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 22 Chicken Drum/Breadstick Donut Ring Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 23 Breakfast Burrito Cereal & Muffin Variety(ES,MS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 24 Egg Omeletes w/Biscuit Apple Cinn Texas Toast Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat 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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Sep - 27	Sep - 28	Sep - 29	Sep - 30	
Pepperoni Breadsticks Donut Dunkin Stiks Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Biscuit w/Sausage Gravy Pop Tart w/ Cheese Stick Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Mini Pancakes Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Egg/Bacon/Chs on Biscuit Cereal & Muffin Variety(ES,MS Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	

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