

Okeechobee County Schools

High School Lunch

Dec 2, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 2 HOLIDAY	Jan - 3 NO SCHOOL TODAY	Jan - 4 NO SCHOOL TODAY	Jan - 5 NO SCHOOL TODAY	Jan - 6 NO SCHOOL TODAY
Jan - 9 NO SCHOOL TODAY	Jan - 10 Cheeseburger Chicken Nuggets w/Roll Chicken Bacon Ranch Wrap Sub Sandwich Bar 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	Jan - 11 Shepherd's Pie Dinner Roll All Beef Hotdog Grilled Cheese Sandwich Spicy Chicken Sandwich Sub Sandwich Bar Green Beans Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Jan - 12 Chicken Patty Sandwich Ham & Cheese Melt Beef & Bean Burrito Sub Sandwich Bar Oven Fries 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 - 13 Stuffed Cheese Pizza Cheeseburger Chicken Nuggets w/Roll Sub Sandwich Bar 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 - 16 HOLIDAY	Jan - 17 Taco Nachos PBJ Twin Pack Egg Salad Sandwich Chicken Poppers/Brdstick Nacho Bar 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	Jan - 18 Chicken Alfredo Dinner Roll Yogurt Cup/Fruit Plate Ham/Cheese Croissant Spicy Chicken Sandwich Nacho Bar 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	Jan - 19 Beef Hot Pie BBQ Pork Sandwich Pepperoni Pizza BigDaddy Nacho Bar Yogurt Cup/Fruit Plate Tater Tots 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	Jan - 20 Fiestada Pizza Stuffed Cheese Pizza Mac & Cheese W/Roll Chicken Patty Sandwich Chicken Bacon Ranch Wrap Nacho Bar 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 - 23 Chicken Nuggets w/Roll PBJ Twin Pack Nacho Bar Big Daddy Cheese Pizza 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 - 24 Beef & Bean Burrito Cheeseburger Chef Salad Chicken Drum/Bread Nacho Bar Tossed Salad Cup Cucumbers,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	Jan - 25 Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Spicy Chicken Sandwich Green Beans Pepperoni Pizza BigDaddy 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 - 26 Chicken Breaded Breast w/Roll Chef Salad Ham/Cheese Croissant Chicken Poppers/Brdstick Nacho Bar Mixed Vegetables 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 - 27 Pepperoni Bread PBJ Twin Pack Spicy Chicken Sandwich Nacho Bar 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 - 30 Chicken Nuggets w/Roll PBJ Twin Pack Nacho Bar Big Daddy Cheese Pizza 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 - 31 Beef & Bean Burrito Cheeseburger Chef Salad Chicken Drum/Bread Nacho Bar Tossed Salad Cup Cucumbers,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			

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