Okeechobee County Schools

Middle School Lunch

Dec 2, 2022

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 Turkey & Cheese Sub Spicy 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	Jan - 11 Shepherd's Pie Dinner Roll All Beef 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	Jan - 12 Chicken Patty Sandwich Ham & Cheese Melt Beef & Bean 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	Jan - 13 Stuffed Cheese Pizza 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 - 16 HOLIDAY	Jan - 17 Taco Nachos Peanut Butter & Jelly 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	Jan - 18 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	Jan - 19 Beef Hot Pie 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	Jan - 20 Fiestada Pizza Mac & Cheese W/Roll Chicken Patty Sandwich 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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Dec 2, 2022

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 23 Chicken Nuggets w/Roll PBJ Jamwich & Muffin Mozzarella Cheese Stick 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 - 24 Beef & Bean Burrito Bacon Cheeseburger Chef Salad Chicken Nuggets w/Roll 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 - 25 Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Pepperoni 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	Jan - 26 Chicken Breaded Breast w/Roll Chef Salad Ham/Cheese Croissant 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 Peanut Butter & Jelly Mozzarella Cheese Stick 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 Drum/Bread Yogurt Cup/Fruit Plate BBQ Pork Sandwich Broccoli in Cheese Sauce 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 Cheeseburger Turkey & Cheese Sub Spicy 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			

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