

# Okeechobee County Schools

## High School Lunch

Sep 4, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
<p>Sep - 3</p> <p>HOLIDAY</p>	<p>Sep - 4</p> <p>Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad 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</p>	<p>Sep - 5</p> <p>Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet Green Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 6</p> <p>Chicken Patty Sandwich Turkey &amp; Cheese Sliders Bean &amp; Cheese Burrito Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 7</p> <p>Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc 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</p>
<p>Sep - 10</p> <p>Homemade Mac &amp; Cheese Dinner Roll Turkey/Ham on Flat Bread Cheeseburger Mixed Vegetables Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 11</p> <p>Taco Nachos Refried Bean w/Chs Tossed Salad Cup Ham/Cheese Croissant Chicken Tenders w/ Rolls (HS) Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 12</p> <p>Chic Chic Fillet Dinner Roll PBJ Twin Pack Cheese Max Sticks w/Marinara Sweet Yellow Corn Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 13</p> <p>EARLY RELEASE DAY PBJ Jamwich Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 14</p> <p>NO SCHOOL TODAY</p>
<p>Sep - 17</p> <p>Salsbury Steak Dinner Roll Ham &amp; Chs Triple Play Hot Bites Wrap Roasted Squash/Zucchini Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 18</p> <p>Chic Chic Fillet Cheeseburger Breaded Catfish Strips Country Wedge Potatoes Sandwich Trimmings Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 19</p> <p>Beefaroni w/ Dinner Roll Dinner Roll Chicken Patty Sandwich Chef Salad Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>	<p>Sep - 20</p> <p>PopCorn Chicken w/Rolls Yogurt Cup/Fruit Plate Cheeseburger Sliders 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</p>	<p>Sep - 21</p> <p>Fiestada Pizza Spicy Chix/Baked Potato Mixed Vegetables Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free</p>

\*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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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 24	Sep - 25	Sep - 26	Sep - 27	Sep - 28
Cheesy Meatloaf Stacker Ham & Chs Triple Play Tornados w/Refried Beans Sweet Yellow Corn Yogurt Cup/Fruit Plate Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Breaded Chicken Garlic Breadstick Cheeseburger Sliders Chef Salad 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	Shepherd's Pie 1055 Dinner Roll PBJ Twin Pack Chic Chic Fillet Green Beans 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 Turkey & Cheese Sliders Bean & Cheese Burrito Spicy Wedge Potatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Broccoli Florets w/Dip MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Stuffed Cheese Pizza Chicken Fajita Wrap w/ Queso Blanco Chs Sauc 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

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