

Okeechobee County Schools

Middle School Lunch

Mar 19, 2024

Page 1

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 1 Chicken Drum/Bread Cheeseburger BBQ Pork Sandwich PBJ Jamwich Mozzarella Cheese Stick Spicy Wedge Potatoes Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 2 Chicken Alfredo Dinner Roll Turkey & Cheese Sub Spicy Chicken Sandwich Chef Salad Mixed Vegetables Broccoli Florets/Tomatoes/Dip 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 Mustard Mayonnaise Packet 12 G Ketchup	Apr - 3 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 Ketchup Mustard Rice Krispie Treat	Apr - 4 Chicken Tenders/Roll Peanut Butter & Jelly Mozzarella Cheese Stick Chicken Tender Salad w/Roll Cheeseburger Broccoli in Cheese Sauce Homestyle Baked Beans 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	Apr - 5 Stuffed Pepperoni Pizza Mac & Cheese W/Roll Ham/Chs on Hawaiian Bun 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
Apr - 8 Corn Dog Mini's Dinner Roll Ham/Cheese Croissant Chs MaxStixs w/Marinara Egg Salad Sandwich Oven Fries Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 9 Taco Nachos Peanut Butter & Jelly Mozzarella Cheese Stick All Beef Hotdog 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	Apr - 10 Salisbury Steak/Potatoes Dinner Roll Grilled Cheese Sandwich Chicken Hot Bites w/Roll PBJ Jamwich 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	Apr - 11 Chicken Parmesan w/Breadstic Ham/Chs on Hawaiian Bun Beef & Bean Burrito Chef Salad California Blend Veggies 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	Apr - 12 Pepperoni Pizza Chicken Patty Sandwich PBJ Jamwich Mozzarella Cheese Stick Sweet Yellow Corn 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

**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.

Okeechobee County Schools

Middle School Lunch

Mar 19, 2024

Page 2

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 15 Chicken Poppers/Brdstick Ham/Chs on Hawaiian Bun Turkey & Cheese Sub PBJ Jamwich Mozzarella Cheese Stick Oven Fries Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mayonnaise Packet 12 G Mustard	Apr - 16 Beef & Bean Burrito Bacon Cheeseburger Chef Salad Chicken Tenders/Roll Sandwich Trimmings Sweet Yellow Corn Refried Bean w/Chs Cucumbers & Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free Ketchup Mayonnaise Packet 12 G Mustard	Apr - 17 Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Chs MaxStixs w/Marinara 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	Apr - 18 Chicken Breaded Breast w/Roll Mexicali Salad All Beef Hotdog Yogurt Cup/Fruit Plate Mixed Vegetables Fresh Squash Slices/Dip Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 19 EARLY RELEASE DAY PBJ Jamwich Mozzarella Cheese Stick 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Apr - 22 Chicken Drum/Bread Cheeseburger BBQ Pork Sandwich PBJ Jamwich Mozzarella Cheese Stick Spicy Wedge Potatoes Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 23 Chicken Alfredo Dinner Roll Turkey & Cheese Sub Spicy Chicken Sandwich Chef Salad Mixed Vegetables Broccoli Florets/Tomatoes/Dip 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 Mustard Mayonnaise Packet 12 G Ketchup	Apr - 24 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 Ketchup Mustard Rice Krispie Treat	Apr - 25 Chicken Tenders/Roll Peanut Butter & Jelly Mozzarella Cheese Stick Chicken Tender Salad w/Roll Cheeseburger Broccoli in Cheese Sauce Homestyle Baked Beans 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	Apr - 26 Stuffed Pepperoni Pizza Mac & Cheese W/Roll Ham/Chs on Hawaiian Bun 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

**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.

Okeechobee County Schools

Middle School Lunch

Mar 19, 2024

Page 3

Monday	Tuesday	Wednesday	Thursday	Friday
Apr - 29 Corn Dog Mini's Dinner Roll Ham/Cheese Croissant Chs MaxStixs w/Marinara Egg Salad Sandwich Oven Fries Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Apr - 30 Taco Nachos Peanut Butter & Jelly Mozzarella Cheese Stick All Beef Hotdog 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			

**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.