

Okeechobee County Schools

High School Lunch

Sep 1, 2022

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Monday	Tuesday	Wednesday	Thursday	Friday
			Sep - 1 Chicken Breaded Breast w/Roll Chef Salad Ham/Cheese Croissant Flamin' Chicken Bites 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	Sep - 2 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
Sep - 5 HOLIDAY	Sep - 6 Cheeseburger Sliders Flamin' Chicken Bites 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	Sep - 7 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 MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 8 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	Sep - 9 EARLY RELEASE DAY PBJ Twin Pack 100% Fruit Juice Blend Variety of Fruit Cups Fresh Baby Carrots MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Sep - 12 Corn Dog Ham/Cheese Croissant Pepperoni Bread Nacho Bar Spicy Chicken Sandwich Tossed Salad Cup Red/Green Pepper Strips Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free	Sep - 13 Taco Nachos PBJ Twin Pack Egg Salad Sandwich Flamin' Chicken Bites 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	Sep - 14 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	Sep - 15 Beef Hot Pie BBQ Pork Sandwich Pepperoni Pizza BigDaddy Nacho Bar 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	Sep - 16 Stuffed Cheese Pizza Macaroni & Chs Bowl with Breaded Cheese Stick 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

***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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<p>Sep - 19</p> <p>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</p>	<p>Sep - 20</p> <p>Beef & Bean Burrito Cheeseburger Chef Salad Chicken Tenders/Roll Nacho Bar Tossed Salad Cup Cucumbers & Grape Tomatoes Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free</p>	<p>Sep - 21</p> <p>Spaghetti Garlic Breadstick Yogurt Cup/Fruit Plate Spicy Chicken Sandwich Pepperoni Pizza BigDaddy Nacho Bar 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</p>	<p>Sep - 22</p> <p>Chicken Breaded Breast w/Roll Chef Salad Ham/Cheese Croissant Flamin' Chicken Bites 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</p>	<p>Sep - 23</p> <p>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</p>
<p>Sep - 26</p> <p>Chicken Tenders/Roll Yogurt Cup/Fruit Plate BBQ Pork Sandwich Pizza Pinwheel Sub Sandwich Bar Broccoli in Cheese Sauce Fresh Vegetables Variety Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free</p>	<p>Sep - 27</p> <p>Cheeseburger Sliders Flamin' Chicken Bites 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</p>	<p>Sep - 28</p> <p>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 MILK 1% Lowfat Chocolate Milk Fat Free</p>	<p>Sep - 29</p> <p>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</p>	<p>Sep - 30</p> <p>Pizza Pinwheel Cheeseburger Flamin' Chicken Bites Fiestada Pizza 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</p>

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