

Okeechobee County Schools

005 - Everglades Elementary
Elementary Lunch

Jan 30, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Feb - 3 Chicken Alfredo Dinner Roll Turkey/Ham on Flat Bread Mixed Vegetables Sandwich Trimmings Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 4 Taco Nachos Ham/Cheese Croissant 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	Feb - 5 Corn Dog Mini's PBJ Jamwich & Muffin Colby Jack Cheese Stick Chef Salad 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	Feb - 6 Chic Chic Fillet/Roll Yogurt Cup/Fruit Plate Chef Salad Oven Fries Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Cucumbers & Grape Tomatoes MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 7 Pepperoni Pizza Spicy Chix/Baked Potato Dinner Roll Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free
Feb - 10 Salisbury Steak/Potatoes Dinner Roll Turkey & Cheese Sub Homestyle Baked Beans Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 11 Breaded Chicken Garlic Breadstick Chef Salad California Blend Veggies Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 12 Spaghetti Dinner Roll Chef Salad Green Beans 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	Feb - 13 PopCorn Chicken w/Roll Yogurt Cup/Fruit Plate Broccoli in Cheese Sauce Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 14 EARLY RELEASE DAY PBJ Jamwich & Muffin 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
Feb - 17	Feb - 18 Breakfast for Lunch Grilled Cheese Sandwich Hashbrown Rounds Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 19 Shepherd's Pie Dinner Roll Green Beans PBJ Jamwich & Muffin Colby Jack Cheese Stick Pork Rib-B Sandwich Sweet Potato Waffle Fry Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice MILK 1% Lowfat Chocolate Milk Fat Free Chocolate Milk Fat Free	Feb - 20 Ravioli Mini's w/Meat Sauce Toasted Garlic Bread Ham & Chs Triple Play Corn on the Cob Yogurt Cup/Fruit Plate 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	Feb - 21 Stuffed Cheese Pizza Bacon Cheeseburger Homestyle Baked Beans Variety of Fresh Fruit Variety of Fruit Cups Variety of Fruit Juice Fresh Vegetables Variety 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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Feb - 24	Feb - 25	Feb - 26	Feb - 27	Feb - 28
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