

OZARK

6-7 Middle School

Jan 29, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
				Feb - 1 French Toast Sticks w/ Hot Ham/Chz on Bun Ham & Cheese Stromb Sweet Potato Tots Hot Cinnamon Apples Chocolate Milk Strawberry Milk Milk, White 1% Syrup Mustard & Catsup Mayonnaise
Feb - 4 Pizza Cheese Crunche Fish Sticks Chicken Tenders Fresh Broccoli Strawberry Cups Chocolate Pudding Milk, White 1% Chocolate Milk Strawberry Milk Catsup Ranch Dressing Tartar Sauce BBQ Sauce	Feb - 5 Mini Cheese Calzone Shrimp Poppers w/Stri Chix & Cheese Crispito Corn Applesauce Jurassic World Graha Chocolate Milk Strawberry Milk Milk, White 1% Catsup	Feb - 6 Soft Chicken Taco Beef & Chz Nachos Turkey Sub Sandwich - Refried Beans Chilled Peaches Chocolate Milk Milk, White 1% Strawberry Milk Mustard Mayonnaise	Feb - 7 Cntry Frd Pork Steak Mozzarella Chicken Beef Fingers Garlic Noodles Cucumber Raisins Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing	Feb - 8 Chicken Quesadilla Hamburger on Bun Hot Dog on Bun Baby Carrots Orange Chocolate Milk Milk, White 1% Strawberry Milk Catsup Ranch Dressing Mustard Mayonnaise
Feb - 11 Chili w/Beans Chicken Taquito Grilled Chicken Sandwi Super Star Corn Bread Celery Sticks Blushing Applesauce Chocolate Milk Milk, White 1% Strawberry Milk Ranch Dressing Mayonnaise Catsup	Feb - 12 Ham & Cheese Roll Up Nachos w/Cheese Fish Nuggets Spinach, Mixed Fruit Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Tartar Sauce	Feb - 13 Soft Beef Taco Meatball Sub Tuna Sandwich Black-Eyed Peas Red Tart Cherries JELLO Chocolate Milk Strawberry Milk Milk, White 1% Salsa	Feb - 14 Cntry Frd Pork Steak Chicken Nuggets Turkey, Bnls Brst & Thi Mashed Potatoes Sour Watermelon Raisi Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy Catsup BBQ Sauce	Feb - 15 Biscuit & Gravy w/Sau Turkey & Cheese Sand Cheeseburger Tater Gems Watermelon Whl Fruit Chocolate Milk Milk, White 1% Strawberry Milk Mustard Mayonnaise Catsup
Feb - 18 HOLIDAY	Feb - 19 Chicken Tenders Ham & Cheese Sandwi Mini Cheese Calzone Baked Beans GRAPES, Fresh Banana Pudding Chocolate Milk Strawberry Milk Milk, White 1% Catsup BBQ Sauce Mustard Mayonnaise	Feb - 20 Hot Dog on Bun Chicken Burrito Hamburger on Bun Salad Mandarin Oranges Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard Salsa	Feb - 21 Chicken Patty Pork Roast Ham & Cheese Stromb Mashed Potatoes Diced Pears Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup	Feb - 22 Bkd Potato w/Chili Teriyaki Chicken Dippe Chili Dog on Bun Mixed Vegetables Banana Mini Cinnamon Roll Chocolate Milk Strawberry Milk Milk, White 1%

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 - 25 Tangerine Chicken Teriyaki Beef Wonderb Cheeseburger on Bun Steamed Broccoli Steamed Rice Juice Cup, Orange Pin Chocolate Milk Strawberry Milk Milk, White 1% Mustard Catsup	Feb - 26 Cheese Pizza Pork Rib Patty/Bun Turkey Sub Sandwich - Cooked Carrots Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing	Feb - 27 Walking Taco Grilled Cheese Sandwi Fish Sandwich Green Beans Tropical Fruit Salad Chocolate Chip Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Salsa Tartar Sauce	Feb - 28 Ham Turkey Breast Mashed Potatoes California Blend Veget Diced Pears Dinner Roll Chocolate Milk Milk, White 1% Strawberry Milk Brown Gravy	

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