

# OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1  CHRISTMAS BREAK	Jan - 2  CHRISTMAS BREAK	Jan - 3  Italian Sub Sandwich Parmesan Chicken Sa French Toast Sticks w/ Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Tater Gems Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Jan - 4  Pork Rib Patty/Bun Hamburger on Bun Chicken Tenders Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad French Fries Cooked Carrots Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Jan - 7  Cheeseburger Chicken Patty on Bun Walking Taco Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Mexican Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 8  Turkey Sub Sandwich Breaded Pork Patty Sd Sweet & Sour Chicken General Chicken Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Long Grain Rice Steamed Broccoli Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 9  MaxWrap, Chili Chees Hot Ham/Chz on Bun Spaghetti & Sauce - H Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Breadstick Raisins Seasoned Peas Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 10  Club Sub Sandwich Parmesan Chicken Sa Open Faced Hot Turke Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Mashed Potatoes Sweet Potatoes Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 11  Fish Sandwich Hamburger on Bun Cheezy Bread Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Cooked Carrots Fresh Fruit Canned Fruit Raisins Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Jan - 14  Grilled Chicken Sandwi Chicken Patty on Bun Scip Potatoes w/Ham Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Lima Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 15  Ital Chick Breast Hoagi Breaded Pork Patty Sd Chicken Stir Fry Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Long Grain Rice Steamed Broccoli Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 16  Spicy Chicken on Bun Hot Ham/Chz on Bun Beef Ravioli Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Breadstick Corn Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 17  BBQ Chick MaxSnax Parmesan Chicken Sa Popcorn Chicken Bowl Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Mashed Potatoes Green Beans Raisins Corn Fresh Fruit Canned Fruit Dinner Roll Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy	Jan - 18  Pork Rib Patty/Bun Hamburger on Bun Chicken Patty Sliders Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Seasoned Peas Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Jan - 21  HOLIDAY	Jan - 22  Turkey Sub Sandwich Breaded Pork Patty Sd Sweet & Sour Chicken General Chicken Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Salad Baby Carrots Fresh Broccoli Raisins Long Grain Rice Steamed Broccoli Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 23  Wicked Chicken Parm Hot Ham/Chz on Bun Chicken Parmesan Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Cooked Carrots Raisins Breadstick Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 24  Club Sub Sandwich Parmesan Chicken Sa Country Fry Beef Steak Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Mashed Potatoes Spinach, Dinner Roll Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy	Jan - 25  Chicken Quesadilla Hamburger on Bun BBQ Pork Sandwich BBQ Chicken on Bun Wrap - Variety Chef Salad Yogurt - Variety COTTAGE CHEESE Salad Baby Carrots Raisins Baked Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 28	Jan - 29	Jan - 30	Jan - 31	
Grilled Chicken Sandwi Chicken Patty on Bun Beef Nachos w/Chees Chicken Nachos w/Ch Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Salad Baby Carrots Fresh Broccoli Raisins Refried Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Hot Dog on Bun Breaded Pork Patty Sd Sweet & Sour Chicken General Chicken Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Salad Baby Carrots Fresh Broccoli Raisins Long Grain Rice Steamed Broccoli Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Spicy Chicken on Bun Hot Ham/Chz on Bun Chicken Alfredo Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Breadstick Raisins Seasoned Peas Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Italian Sub Sandwich Parmesan Chicken Sa FrenchToast Sticks w/ Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Tater Gems Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	

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