

# OZARK

## Ozark Junior High

Dec 17, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1  CHRISTMAS BREAK	Jan - 2  CHRISTMAS BREAK	Jan - 3  Fish Nuggets Cheeseburger Deli Sub Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Sour Strawberry Raisin Orange Fresh Apple Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Mustard & Catsup Dressing Variety Mayonnaise Tartar Sauce	Jan - 4  Spaghetti & Meatsauce Beef Ravioli Pizza, Pepperoni Stfd Chz Crust Saus Pizza Chef Salad Breadstick Salad Corn Baby Carrots Raisins Applesauce Orange Fresh Apple Banana Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard BBQ Sauce
Jan - 7  Sweet & Sour Chicken Teriyaki Chicken Dippe Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Steamed Broccoli Long Grain Rice Baby Carrots Raisins Chilled Peaches Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard BBQ Sauce	Jan - 8  Mac/Chz w/Smokies Hamburger on Bun Mini Cheese Calzone Chef Salad Salad Pork & Beans Baby Carrots Raisins Canned Fruit Orange Fresh Apple Animal Crackers Chocolate Milk Strawberry Milk Milk, White 1% Dressing Variety Mustard & Catsup Salsa Mayonnaise	Jan - 9  Fish Sandwich Cntry Frd Pork Stk/Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Cauliflower, Fresh Raw Baby Carrots Raisins Blushing Applesauce Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard BBQ Sauce	Jan - 10  Chicken Tenders Cheeseburger Deli Sub Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Canned Fruit Orange Fresh Apple Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Mustard & Catsup Dressing Variety Mayonnaise	Jan - 11  FrenchToast Sticks w/ Hot Ham/Chz on Bun Pizza, Pepperoni Stfd Chz Crust Saus Pizza Chef Salad Salad Sweet Potato Tots Baby Carrots Raisins Orange Fresh Apple Banana Hot Cinnamon Apples Chocolate Milk Strawberry Milk Milk, White 1% Dressing Variety Mustard & Catsup Syrup Mayonnaise

\*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.

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Jan - 14  BBQ Pork Sandwich Tuna Sandwich Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Baked Beans Baby Carrots Raisins Mixed Fruit Orange Fresh Apple Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard BBQ Sauce	Jan - 15  Frito Pie Hamburger on Bun Grilled Chicken Sandwi Chef Salad Salad Seasoned Peas Baby Carrots Raisins Watermelon Whl Fruit Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Dressing Variety Mustard & Catsup Salsa Mayonnaise	Jan - 16  Mozz Chz Stx w/Sauce Meatball Sub Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Mixed Veggies. Baby Carrots Raisins GRAPES,Fresh Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard BBQ Sauce	Jan - 17  Popcorn Chicken Meatloaf with Cheese Deli Sub Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Sour Watermelon Raisi Orange Fresh Apple Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard BBQ Sauce	Jan - 18  Cheeseburger Pork Rib Patty/Bun Pizza, Pepperoni Stfd Chz Crust Saus Pizza Chef Salad Salad Celery Sticks Baby Carrots Raisins Orange Fresh Apple Banana Sliced Pears Chocolate Milk Strawberry Milk Milk, White 1% Syrup Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard
Jan - 21  HOLIDAY	Jan - 22  Corn Dog Chicken Patty on Bun Deli Sub Chef Salad Salad Green Beans Baby Carrots Raisins Mandarin Oranges Orange Fresh Apple Banana Pudding Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Jan - 23  Burrito w/Cheese Sauc BBQ Chicken on Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Mexican Beans Baby Carrots Raisins Diced Pears Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Jan - 24  LASAGNA Teriyaki Beef Wonderb Hot Ham/Chz on Bun Chef Salad Salad Breadstick Spinach, Baby Carrots Raisins Juice Cup, Orange Pin Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise	Jan - 25  Chix Fry Stk on Bun Sloppy Joe on Bun Pizza, Pepperoni Stfd Chz Crust Saus Pizza Chef Salad Salad Carrots Baby Carrots Raisins Orange Fresh Apple Banana JELLO Chocolate Milk Strawberry Milk Milk, White 1% Dressing Variety Mustard & Catsup Syrup Mayonnaise

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Jan - 28	Jan - 29	Jan - 30	Jan - 31	
MaxWrap, Chili Chees Mini Cheese Calzone Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Broccoli Baby Carrots Raisins Tropical Fruit Salad Orange Fresh Apple Chocolate Chip Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Tartar Sauce	Ham & Cheese Stromb BBQ Chick MaxSnax Grilled Chicken Sandwi Chef Salad Salad Baked Beans Baby Carrots Raisins Pineapple Tidbits Orange Fresh Apple Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Mini Corn Dogs Tuna Sandwich Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Mashed Sweet Potatoe Baby Carrots Raisins Apricot Halves Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Pork Roast Country Fry Beef Steak Deli Sub Chef Salad Salad Dinner Roll Cheesy Potatoes Baby Carrots Raisins Sour Strawberry Raisin Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	

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