

OZARK

6-7 Middle School

Dec 17, 2018

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Monday	Tuesday	Wednesday	Thursday	Friday
	Jan - 1 CHRISTMAS BREAK	Jan - 2 CHRISTMAS BREAK	Jan - 3 Cntry Frd Pork Steak Fish Nuggets Grilled Chicken Sandwi Mashed Potatoes Sour Strawberry Raisin Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy Mustard & Catsup Mayonnaise	Jan - 4 Spaghetti & Meatsauce Beef Ravioli Cheeseburger Corn Applesauce Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Mustard & Catsup
Jan - 7 Sweet & Sour Chicken Teriyaki Chicken Dippe Mini Cheese Calzone Steamed Broccoli Steamed Rice Watermelon Whl Fruit Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 8 Cntry Frd Pork Stk/Bun Mac/Chz w/Smokies Tuna Sandwich Pork & Beans Orange Animal Crackers Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise	Jan - 9 Bosco Stick Fish Sandwich Meatball Sub Cauliflower, Fresh Raw Blushing Applesauce Chocolate Milk Strawberry Milk Milk, White 1% Catsup Marinara Sauce Ranch Dressing Tartar Sauce	Jan - 10 Chicken Tenders Country Fry Beef Steak Cheeseburger Mashed Potatoes Raisins Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy Mustard & Catsup	Jan - 11 FrenchToast Sticks w/ Hot Ham/Chz on Bun Grilled Chicken Sandwi Sweet Potato Tots Hot Cinnamon Apples Chocolate Milk Strawberry Milk Milk, White 1% Syrup Mustard & Catsup Mayonnaise
Jan - 14 Chix & Cheese Crispito BBQ Pulled Pork Sand Mini Cheese Calzone Baked Beans Mixed Fruit Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing	Jan - 15 Frito Pie Grilled Chicken Sandwi Tuna Sandwich Baby Carrots Watermelon Whl Fruit Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Mayonnaise	Jan - 16 Cheeseburger Mozz Chz Stx w/Sauce Meatball Sub Salad GRAPES,Fresh Chocolate Milk Strawberry Milk Milk, White 1% Mustard & Catsup Mayonnaise	Jan - 17 Popcorn Chicken Meatloaf with Cheese Chicken Patty on Bun Mashed Potatoes Sour Watermelon Raisi Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Chicken Gravy BBQ Sauce	Jan - 18 Ham & Cheese Sandwi Chicken Noodle Soup Chef Salad Pork Rib Patty/Bun Banana Sliced Pears Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Mustard & Catsup Mayonnaise
Jan - 21 HOLIDAY	Jan - 22 Corn Dog Chicken Patty on Bun Chicken Quesadilla Cauliflower, Fresh Raw Fresh Apple Chocolate Chip Cookie Chocolate Milk Milk, White 1% Strawberry Milk Ranch Dressing Mustard & Catsup Mayonnaise	Jan - 23 Burrito w/Cheese Sauc BBQ Chicken on Bun Hamburger on Bun Mexican Beans Juice Cup, Orange Pin Chocolate Milk Milk, White 1% Strawberry Milk Mustard & Catsup	Jan - 24 LASAGNA Teriyaki Beef Wonderb Turkey Sub Sandwich - Breadstick Salad Tropical Fruit Salad Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Mayonnaise	Jan - 25 Chix Fry Stk on Bun Sloppy Joe on Bun Chicken Nuggets Cooked Carrots Pineapple Tidbits JELLO Chocolate Milk Milk, White 1% Strawberry Milk Catsup BBQ Sauce 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.

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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Jan - 28 Pepperoni Pizza MaxWrap, Chili Chees Cheeseburger Spinach, Apricot Halves Vanilla Pudding Chocolate Milk Milk, White 1% Strawberry Milk Mustard & Catsup	Jan - 29 Ham & Cheese Stromb BBQ Chick MaxSnax Mini Cheese Calzone Baked Beans Applesauce Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 30 Mini Corn Dogs BBQ Ham on Bun Tuna Sandwich Celery Sticks Chilled Peaches Chocolate Milk Milk, White 1% Strawberry Milk Ranch Dressing Mustard & Catsup	Jan - 31 Fish Patty Country Fry Beef Steak Pork Roast Cheesy Potatoes Sour Strawberry Raisin Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Tartar Sauce	

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