

OZARK

6-7 Middle School

Aug 27, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Sep - 2 HOLIDAY	Sep - 3 Chicken Wrap Cheeseburger Hot Ham/Chz on Bun Fresh Broccoli Sliced Strawberries Chocolate Pudding Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing	Sep - 4 Corn Dog Chicken Patty on Bun Turkey Sub Sandwich - Cauliflower, Fresh Raw Juice Cup, Orange Pin Chocolate Milk Milk, White 1% Strawberry Milk Catsup Ranch Dressing Mayonnaise	Sep - 5 Meatloaf with Cheese Ham Cheeseburger on Bun Mashed Potatoes Dried Cherries Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Brown Gravy Mustard	Sep - 6 Chef Salad Turkey & Cheese Sand Grilled Chicken Sandwi Chicken Noodle Soup Crackers Baby Carrots Chilled Peaches Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Catsup Mustard Mayonnaise
Sep - 9 Tangerine Chicken Teriyaki Beef Wonderb Chicken Patty on Bun Steamed Broccoli Steamed Rice Orange Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise	Sep - 10 Hamburger on Bun Chicken Tenders Hot Ham/Chz on Bun French Fries Blueberries Chocolate Milk Milk, White 1% Strawberry Milk Catsup BBQ Sauce Mayonnaise Mustard	Sep - 11 Burrito w/Cheese Sauc BBQ Chicken on Bun Turkey Sub Sandwich - Mexican Beans Blushing Applesauce Chocolate Milk Milk, White 1% Strawberry Milk Mayonnaise Mustard	Sep - 12 Spaghetti & Meatsauce Beef Ravioli Cheeseburger on Bun Green Beans Raisins Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard	Sep - 13 Chix Fry Stk on Bun Sloppy Joe on Bun Grilled Chicken Sandwi Cooked Carrots Mixed Fruit JELLO Chocolate Milk Milk, White 1% Strawberry Milk Catsup Mayonnaise Mustard
Sep - 16 Meatball Sub BBQ Chick MaxSnax Chicken Patty on Bun Baked Beans Cantaloupe Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Mayonnaise	Sep - 17 Pepperoni Pizza MaxWrap, Chili Chees Hot Ham/Chz on Bun SPINACH Red Tart Cherries Banana Pudding Chocolate Milk Milk, White 1% Strawberry Milk Mayonnaise	Sep - 18 Mini Corn Dogs BBQ Ham on Bun Turkey Sub Sandwich - Celery Sticks Blushing Pears Chocolate Milk Milk, White 1% Strawberry Milk Mustard Mayonnaise Ranch Dressing Catsup	Sep - 19 Fish Patty Country Fry Beef Steak Cheeseburger Cheesy Potatoes Applesauce Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard Tartar Sauce	Sep - 20 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 Catsup Mayonnaise
Sep - 23 Pizza Cheese Crunche Shrimp Poppers w/Stri Chicken Patty on Bun Baby Carrots Watermelon Whl Fruit Chocolate Chip Cookie Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise	Sep - 24 Soft Chicken Taco Beef & Chz Nachos Hot Ham/Chz on Bun Refried Beans Chilled Peaches Chocolate Milk Milk, White 1% Strawberry Milk Mayonnaise	Sep - 25 Mozz Chz Stx w/Sauce Fish Sticks Turkey Sub Sandwich - Fresh Broccoli Diced Pears Milk, White 1% Chocolate Milk Strawberry Milk Catsup Mayonnaise Ranch Dressing Tartar Sauce	Sep - 26 Cntry Frd Pork Steak Mozzarella Chicken Cheeseburger Garlic Noodles Cucumber Sour Strawberry Raisin Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Catsup Mustard	Sep - 27 Biscuit & Gravy w/Sau Club Sub Sandwich Grilled Chicken Sandwi Tater Gems Mandarin Oranges Chocolate Milk Milk, White 1% Strawberry Milk Catsup 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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Sep - 30 Chicken Quesadilla Hamburger on Bun Mini Cheese Calzone Baby Carrots Fresh Apple Chocolate Pudding Chocolate Milk Milk, White 1% Strawberry Milk Catsup Ranch Dressing Mustard				

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