

OZARK

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 Chili w/Beans Chicken Taquito Chicken Patty on Bun Celery Sticks Mixed Fruit CINNAMON ROLL Chocolate Milk Milk, White 1% Strawberry Milk Ranch Dressing Mayonnaise Catsup	Oct - 2 Ham & Cheese Roll Up Nachos w/Cheese Fish Sandwich Pork & Beans Tropical Fruit Salad Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Tartar Sauce	Oct - 3 Chicken Nuggets Turkey Pot Roast Club Sub Sandwich Mashed Potatoes Sour Watermelon Raisi Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise Mustard	Oct - 4 Chicken Tenders Ham & Cheese Sandwi Meatball Sub Salad Juice Cup, Orange Pin JELLO Chocolate Milk Strawberry Milk Milk, White 1% Catsup BBQ Sauce Mustard Mayonnaise
Oct - 7 Walking Taco Pork Rib Patty/Bun Hamburger on Bun Green Beans Watermelon Chunks Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Salsa Catsup Mustard	Oct - 8 Pretzel Hot Dog Grilled Cheese Sandwi Chicken Patty on Bun Fresh Broccoli Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Catsup Mustard Mayonnaise	Oct - 9 Chicken Alfredo Bkd Potato w/Chili Fish Sandwich Celery Sticks Pineapple Tidbits Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Tartar Sauce	Oct - 10 Popcorn Chicken Pork Roast Club Sub Sandwich Mashed Potatoes Raisins Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise Mustard	Oct - 11 Tuna Salad Croissant BBQ Chicken on Bun Meatball Sub Baked Beans Chilled Peaches Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard Mayonnaise
Oct - 14 Sweet & Sour Chicken Breaded Mozz Cheese Hamburger on Bun Steamed Broccoli Steamed Rice Diced Pears Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise	Oct - 15 Cntry Frd Pork Stk/Bun Mac/Chz w/Smokies Chicken Patty on Bun Seasoned Peas Blueberries Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard Mayonnaise	Oct - 16 Bosco Stick Corn Dog Pepperoni Pizza Cooked Carrots Mandarin Oranges Chocolate Milk Strawberry Milk Milk, White 1% Catsup Marinara Sauce Tartar Sauce	Oct - 17 Teriyaki Chicken Dippe Turkey Breast Club Sub Sandwich Mashed Potatoes Sour Strawberry Raisin Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Chicken Gravy Mayonnaise	Oct - 18 NO SCHOOL TODAY
Oct - 21 Soft Beef Taco BBQ Chicken on Bun Hamburger on Bun Mexican Beans Orange Banana Pudding Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard Mayonnaise	Oct - 22 Chix & Cheese Crispito BBQ Pulled Pork Sand Chicken Patty on Bun Cucumber Blushing Applesauce Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Mustard Mayonnaise	Oct - 23 Frito Pie Grilled Chicken Sandwi Chili Dog on Bun Corn Cantaloupe Animal Crackers Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Mayonnaise Mustard	Oct - 24 LASAGNA Chicken Tenders Club Sandwich Breadstick Salad Red Tart Cherries Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing BBQ Sauce Mayonnaise Mustard	Oct - 25 FrenchToast Sticks w/ Hot Ham/Chz on Bun Meatball Sub Sweet Potato Tots Hot Cinnamon Apples Chocolate Milk Strawberry Milk Milk, White 1% Syrup 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.

OZARK

6-7 Middle School

Sep 26, 2019

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Oct - 28 Chicken Burrito Cheese Pizza Hamburger on Bun Baby Carrots and Cher Watermelon Whl Fruit Chocolate Pudding Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard	Oct - 29 Chicken Wrap Grilled Chicken Sandwi Pork Rib Patty/Bun Steamed Broccoli Sliced Strawberries Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing	Oct - 30 Corn Dog Chicken Patty on Bun Club Sub Sandwich Cauliflower, Fresh Raw Blushing Pears Chocolate Milk Milk, White 1% Strawberry Milk Catsup Ranch Dressing Mayonnaise	Oct - 31 Meatloaf with Cheese Ham Mummy Dog Mashed Potatoes Applesauce Dinner Roll Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Catsup Brown Gravy Mustard	

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