

OZARK

Ozark Junior High

Monday	Tuesday	Wednesday	Thursday	Friday
	Oct - 1 Chili w/Beans Pork Rib Patty/Bun Deli Sub Chef Salad Salad Celery Sticks Baby Carrots Raisins Mixed Fruit Orange Fresh Apple CINNAMON ROLL Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Oct - 2 Ham & Cheese Roll Up Chicken Patty on Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Pork & Beans Baby Carrots Raisins Tropical Fruit Salad Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Oct - 3 Chicken Nuggets Pork Roast Parmesan Chicken Sa Chef Salad Salad Mashed Potatoes Baby Carrots 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	Oct - 4 Chicken Tenders Ham & Cheese Sandwi Pizza, Pepperoni WG Pizza, Cheese WG Chef Salad Salad Mixed Veggies. Baby Carrots Raisins Banana Orange Fresh Apple JELLO Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard
Oct - 7 Walking Taco Meatball Sub Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Green Beans Baby Carrots Raisins Watermelon Chunks 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	Oct - 8 Pretzel Hot Dog Grilled Cheese Sandwi Hamburger on Bun Chef Salad Salad Fresh Broccoli Baby Carrots Raisins Canned Fruit Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Oct - 9 Chicken Alfredo Bkd Potato w/Chili Domino's Cheese Pizz Domino's Sausage Piz Domin's Pepperoni Piz Chef Salad Salad Celery Sticks Baby Carrots Raisins Pineapple Tidbits Orange Fresh Apple Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Oct - 10 Popcorn Chicken Pork Roast Parmesan Chicken Sa Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Canned Fruit 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	Oct - 11 Tuna Salad Croissant Pizza Cheese Crunche Pizza, Pepperoni WG Pizza, Cheese WG Chef Salad Salad Baked Beans Baby Carrots Raisins Banana Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard

**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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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 14 Sweet & Sour Chicken Breaded Mozz Cheese Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Steamed Broccoli Long Grain Rice Baby Carrots Raisins Diced Pears Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Oct - 15 Cntry Frd Pork Stk/Bun Mac/Chz w/Smokies Pork Rib Patty/Bun Chef Salad Salad Peas Baby Carrots Raisins Fresh Apple Orange Blueberries Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Oct - 16 Fish Sandwich Corn Dog Domino's Cheese Pizz Domino's Sausage Piz Domin's Pepperoni Piz Chef Salad Salad Carrots Baby Carrots Raisins Mandarin Oranges Orange Fresh Apple Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Oct - 17 Teriyaki Chicken Dippe Turkey Breast Club Sub Sandwich Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Sour Strawberry Raisin 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	Oct - 18 NO SCHOOL TODAY
Oct - 21 Soft Beef Taco Cheeseburger on Bun Chef Salad Domino's Cheese Pizz Domino's Sausage Piz Domin's Pepperoni Piz Salad Mexican Beans Baby Carrots Raisins Orange Fresh Apple Canned Fruit Banana Pudding Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard Salsa	Oct - 22 BBQ Pulled Pork Sand Deli Sub Chili Dog on Bun Chef Salad Salad Cucumber Baby Carrots Raisins Blushing Applesauce Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Oct - 23 Frito Pie Grilled Chicken Sandwi Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Corn Baby Carrots Raisins Cantaloupe Orange Fresh Apple Animal Crackers Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mustard BBQ Sauce	Oct - 24 LASAGNA Chicken Tenders Spicy Chicken on Bun Chef Salad Salad Breadstick Mixed Veggies. Baby Carrots Raisins Red Tart Cherries Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Oct - 25 FrenchToast Sticks w/ BBQ Chicken on Bun Pizza, Pepperoni WG 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% Syrup Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 28	Oct - 29	Oct - 30	Oct - 31	
Chicken Burrito BBQ Chicken on Bun Chef Salad Domino's Cheese Pizz Domino's Sausage Piz Domin's Pepperoni Piz Salad Baby Carrots and Cher Lima Beans Raisins Orange Fresh Apple Watermelon Whl Fruit Chocolate Pudding Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard Salsa	Chicken Wrap Cheeseburger Chicken Patty Sliders Chef Salad Salad Steamed Broccoli Baby Carrots Raisins Sliced Strawberries Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Corn Dog Chicken Patty on Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Cauliflower, Fresh Raw Baby Carrots Raisins Blushing Pears Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Meatloaf with Cheese Ham Mummy Dog Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Applesauce Orange Fresh Apple Dinner Roll Sugar Cookie Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	

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