

# OZARK

## Ozark Junior High

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1  Turkey & Cheese Sand Grilled Chicken Sandwi Chicken Noodle Soup Chef Salad Pizza, Pepperoni WG Pizza, Cheese WG Crackers Salad Peas Baby Carrots Raisins Orange Fresh Apple Banana Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard
Nov - 4  Tangerine Chicken Teriyaki Beef Wonderb Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Stir Fry, Sugar Snap P Long Grain Rice Baby Carrots Raisins Tropical Fruit Salad Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Nov - 5  NO SCHOOL TODAY	Nov - 6  Chicken Tenders Hot Ham/Chz on Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Chef Salad Salad French Fries Baby Carrots Raisins Mixed Fruit Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Nov - 7  Beef Ravioli Spaghetti & Meatsauce Hamburger on Bun Chef Salad Salad Green Beans Baby Carrots Raisins Orange Fresh Apple Canned Fruit Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	Nov - 8  Burrito w/Cheese Sauc BBQ Chicken on Bun Pizza, Pepperoni WG Pizza, Cheese WG Chef Salad Salad Mexican Beans Baby Carrots Raisins Blushing Applesauce Orange Fresh Apple Banana Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing

\*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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Nov - 11  Chix Fry Stk on Bun Sloppy Joe on Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Glazed Carrots Baby Carrots Raisins Watermelon Chunks Orange Fresh Apple JELLO Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Nov - 12  BBQ Ham on Bun Meatball Sub Hot Dog on Bun Chef Salad Salad Baked Beans Baby Carrots Raisins Pineapple Tidbits Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Nov - 13  MaxWrap, Chili Chees Hamburger on Bun Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad SPINACH Baby Carrots Raisins Chilled Peaches Orange Fresh Apple Banana Pudding Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup	Nov - 14  Beef & Noodles Fish Patty Turkey Pot Roast Chef Salad Salad Mashed Potatoes Baby Carrots Raisins Canned Fruit 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	Nov - 15  BBQ Chick MaxSnax Mini Corn Dogs Pizza, Pepperoni WG Pizza, Cheese WG Chef Salad Salad Celery Sticks Baby Carrots Raisins Diced Pears Orange Fresh Apple Banana Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing
Nov - 18  Pizza Cheese Crunche Shrimp Poppers w/Stri Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Refried Beans Baby Carrots Raisins Blueberries Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Nov - 19  Soft Chicken Taco Beef Nachos w/Chees Grilled Chicken Sandwi Chef Salad Salad Refried Beans Baby Carrots Raisins Blueberries Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Nov - 20  Mozz Chz Stx w/Sauce Mozzarella Chicken Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Garlic Noodles Cucumber Baby Carrots Raisins Mandarin Oranges Orange Fresh Apple Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Tartar Sauce	Nov - 21  Cntry Frd Pork Steak Fish Sticks Pepperoni Flatbread Pi Chef Salad Salad Cheesy Potatoes Baby Carrots Raisins Sour Strawberry Raisin Orange Fresh Apple Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Nov - 22  Biscuit & Gravy w/Sau Cheeseburger Pizza, Pepperoni WG Chz Crust Saus Pizza Chef Salad Salad Tater Gems Baby Carrots Raisins Blushing 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

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Nov 7, 2019

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Monday	Tuesday	Wednesday	Thursday	Friday
Nov - 25	Nov - 26	Nov - 27	Nov - 28	Nov - 29
Chicken Quesadilla Turkey Sub Sandwich Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Chef Salad Salad Corn Baby Carrots Raisins Canned Fruit Orange Fresh Apple Chocolate Pudding Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Honey Mustard Dressi Rasp Vinaigrette Dress Italian Dressing Catsup Mayonnaise Mustard	Roast Turkey Ham Chef Salad Salad Mashed Potatoes California Blend Veget Baby Carrots Dinner Roll Ice Cream Cup Raisins Fresh Apple Orange Red Tart Cherries Chocolate Milk Strawberry Milk Milk, White 1% Chicken Gravy Ranch Dressing Honey Mustard Dressi Italian Dressing Rasp Vinaigrette Dress Catsup Mayonnaise Mustard	THNKSGVNG BRK	THNKSGVNG BRK	THNKSGVNG BRK

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