

# OZARK

6-7 Middle School

Monday	Tuesday	Wednesday	Thursday	Friday
				Nov - 1  Chef Salad Turkey & Cheese Sand Grilled Chicken Sandwi Chicken Noodle Soup Crackers Baby Carrots Applesauce Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Catsup Mustard Mayonnaise
Nov - 4  Tangerine Chicken Teriyaki Beef Wonderb Chicken Patty on Bun Stir Fry, Sugar Snap P Steamed Rice Orange Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mayonnaise	Nov - 5  NO SCHOOL TODAY	Nov - 6  Deli Sub Sandwich Chicken Tenders Chicken Quesadilla French Fries Mixed Fruit Chocolate Milk Milk, White 1% Strawberry Milk Catsup BBQ Sauce Mayonnaise Mustard	Nov - 7  Spaghetti & Meatsauce Beef Ravioli Cheeseburger on Bun Green Beans Sour Watermelon Raisi Breadstick Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard	Nov - 8  Burrito w/Cheese Sauc BBQ Chicken on Bun Cntry Frd Pork Stk/Bun Mexican Beans Banana Chocolate Milk Milk, White 1% Strawberry Milk Mayonnaise Mustard
Nov - 11  Sloppy Joe on Bun Bosco Stick Turkey Sub Sandwich Glazed Carrots Watermelon Chunks JELLO Chocolate Milk Milk, White 1% Strawberry Milk Catsup Mayonnaise Mustard Marinara Sauce	Nov - 12  Mini Corn Dogs BBQ Ham on Bun Chix Fry Stk on Bun Celery Sticks Diced Pears Chocolate Milk Milk, White 1% Strawberry Milk Mustard Mayonnaise Ranch Dressing Catsup	Nov - 13  Pepperoni Pizza MaxWrap, Chili Chees Hot Ham/Chz on Bun SPINACH Chilled Peaches Banana Pudding Chocolate Milk Milk, White 1% Strawberry Milk Mayonnaise	Nov - 14  Fish Patty Beef & Noodles Breaded Mozz Cheese Mashed Potatoes Raisins Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Catsup Marinara Sauce Tartar Sauce	Nov - 15  Meatball Sub BBQ Chick MaxSnax Chicken Patty on Bun Baked Beans Pineapple Tidbits Chocolate Milk Strawberry Milk Milk, White 1% Mayonnaise
Nov - 18  Pizza Cheese Crunche Shrimp Poppers w/Stri Hamburger on Bun Fresh Broccoli Fresh Apple Chocolate Chip Cookie Chocolate Milk Strawberry Milk Milk, White 1% Catsup Mustard	Nov - 19  Soft Chicken Taco Beef & Chz Nachos Hot Ham/Chz on Bun Refried Beans Blueberries Chocolate Milk Milk, White 1% Strawberry Milk Mayonnaise	Nov - 20  Mozz Chz Stx w/Sauce Fish Sticks Turkey Sub Sandwich - Garlic Noodles Cucumber Mandarin Oranges Milk, White 1% Chocolate Milk Strawberry Milk Catsup Mayonnaise Ranch Dressing Tartar Sauce	Nov - 21  Cntry Frd Pork Steak Mozzarella Chicken Grilled Chicken Sandwi Cheesy Potatoes Sour Strawberry Raisin Dinner Roll Chocolate Milk Strawberry Milk Milk, White 1% Ranch Dressing Catsup Mustard	Nov - 22  Biscuit & Gravy w/Sau Club Sub Sandwich Meatball Sub Sweet Potato Tots Blushing Applesauce 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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Nov 6, 2019

Page 2

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Nov - 25  Chicken Quesadilla Pepperoni Flatbread Pi Cheeseburger Baby Carrots Orange Chocolate Pudding Chocolate Milk Milk, White 1% Strawberry Milk Catsup Ranch Dressing Mustard	Nov - 26  Turkey, Bnls Brst & Thi Ham Mashed Potatoes California Blend Veget Red Tart Cherries Ice Cream Cup Dinner Roll Chocolate Milk Milk, White 1% Strawberry Milk Brown Gravy	Nov - 27  THNKSGVNG BRK	Nov - 28  THNKSGVNG BRK	Nov - 29  THNKSGVNG BRK

Menus Subject to Change

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