

OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 2 Grilled Chicken Sandwi Chicken Patty on Bun Chili Mac Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Cornbread Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Lima Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 3 Burrito Enchilada Style Breaded Pork Patty Sd Chicken Stir Fry Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Long Grain Rice Steamed Broccoli Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 4 Spicy Chicken on Bun Hot Ham/Chz on Bun Beef Ravioli Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Breadstick Green Beans Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 5 BBQ Chick MaxSnax Parmesan Chicken Sa Popcorn Chicken Bowl Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Mashed Potatoes Corn Green Beans Raisins Fresh Fruit Canned Fruit Dinner Roll Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy	Dec - 6 Pork Rib Patty/Bun Hamburger on Bun Chicken Patty Sliders Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Seasoned Peas Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Dec - 9 Cheeseburger Chicken Patty on Bun Frito Pie Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Green Beans Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 10 Turkey Sub Sandwich Breaded Pork Patty Sd Sweet & Sour Chicken General Chicken Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Salad Baby Carrots Fresh Broccoli Raisins Long Grain Rice Steamed Broccoli Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 11 Wicked Chicken Parm Hot Ham/Chz on Bun Chicken Parmesan Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Cooked Carrots Raisins Breadstick Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 12 Club Sub Sandwich Parmesan Chicken Sa Country Fry Beef Steak Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Mashed Potatoes Spinach, Dinner Roll Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Brown Gravy	Dec - 13 Chicken Quesadilla Hamburger on Bun BBQ Pork Sandwich BBQ Chicken on Bun Wrap - Variety Chef Salad Yogurt - Variety Cottage Cheese Salad Baby Carrots and Cher Raisins Baked Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%

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 HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Dec - 16 Grilled Chicken Sandwi Chicken Patty on Bun Beef Nachos w/Chees Chicken Nachos w/Ch Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Salad Baby Carrots Fresh Broccoli Raisins Refried Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 17 Hot Dog on Bun Breaded Pork Patty Sd Ham Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Salad Baby Carrots and Cher Fresh Broccoli Raisins Scalloped Potatoes Stuffing, Cornbread California Blend Veget Strawberry Shortcake Ice Cream Cup Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 18 Spicy Chicken on Bun Hot Ham/Chz on Bun Chicken Alfredo Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Breadstick Raisins Seasoned Peas Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Dec - 19 Italian Sub Sandwich Parmesan Chicken Sa French Toast Sticks w/ Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Tater Gems Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1% Syrup	Dec - 20 NO SCHOOL TODAY
Dec - 23 CHRISTMAS BREAK	Dec - 24 CHRISTMAS BREAK	Dec - 25 CHRISTMAS BREAK	Dec - 26 CHRISTMAS BREAK	Dec - 27 CHRISTMAS BREAK
Dec - 30 CHRISTMAS BREAK	Dec - 31 CHRISTMAS BREAK			

**N/A* - denotes a nutrient that is either missing or incomplete for an individual ingredient.*

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