

OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		Jan - 1 CHRISTMAS BREAK	Jan - 2 CHRISTMAS BREAK	Jan - 3 CHRISTMAS BREAK
Jan - 6 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%	Jan - 7 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%	Jan - 8 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%	Jan - 9 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	Jan - 10 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%
Jan - 13 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%	Jan - 14 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%	Jan - 15 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%	Jan - 16 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	Jan - 17 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.

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Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 20 Grilled Chicken Sandwi Chicken Patty on Bun Scip Potatoes w/Ham Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots and Cher 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%	Jan - 21 Hot Dog on Bun 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 Onions Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 22 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%	Jan - 23 Italian Sub Sandwich Parmesan Chicken Sa FrenchToast 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	Jan - 24 Pork Rib Patty/Bun Hamburger on Bun Chicken Tenders Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad French Fries Cooked Carrots Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%
Jan - 27 Cheeseburger Chicken Patty on Bun Walking Taco Domino's Cheese Pizz Domin's Pepperoni Piz Domino's Sausage Piz Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Raisins Mexican Beans Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 28 Turkey Sub Sandwich Breaded Pork Patty Sd Sweet & Sour Chicken General Chicken 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%	Jan - 29 Bacon Cheeseburger Hot Ham/Chz on Bun Spaghetti & Sauce - H 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 Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 30 Club Sub Sandwich Parmesan Chicken Sa Open Faced Hot Turke Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Mashed Potatoes Sweet Potatoes Raisins Fresh Fruit Canned Fruit Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%	Jan - 31 Fish Sandwich Hamburger on Bun Cheezy Bread Pizza - Variety Wrap - Variety Chef Salad Yogurt - Variety Baby Carrots Fresh Broccoli Salad Cooked Carrots Fresh Fruit Canned Fruit Raisins Cheese Stick - Variety Lettuce, Shredded Tomatoes Juice Choice Chocolate Milk Strawberry Milk Milk, White 1%

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