

OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 4 NO SCHOOL TODAY	Jan - 5 Meatball Sub Hamburger on Bun Pizza Variety Chef Salad Turkey Avocado Wrap French Fries Charro Beans Chilled Peaches Sliced Strawberries Milk	Jan - 6 Beef Teriyaki & Rice Toasted Turkey Club Pizza Variety Popcorn Chicken Sala Hawaiian Chicken Wra Corn Celery Sticks Mandarin Oranges Grapes, Fresh Milk	Jan - 7 Popcorn Chicken Country Fry Beef Steak Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Mashed Potatoes Green Beans Cinnamon Apples Banana Milk	Jan - 1 Jan - 8 Pizza Cheese Crunche General Tso's & Rice Pizza Variety Cobb Salad Turkey Club Wrap Toss Salad Roasted Vegetables Mixed Fruit Fresh Apple Milk
Jan - 11 Pepperoni Lasagna Chicken Nuggets Pizza Variety Chicken Caesar Salad Ham & Cheese Wrap Breadstick Corn Diced Pears Fresh Apple Milk BBQ Sauce	Jan - 12 Hamburger on Bun Shrimp Poppers Pizza Variety Chef Salad Turkey Avocado Wrap French Fries Baby Carrots Pineapple Tidbits Orange Wedges Milk	Jan - 13 Tangerine Chicken Italian Sub Pizza Variety Popcorn Chicken Sala Hawaiian Chicken Wra Celery Sticks Roasted Broccoli Strawberry Blueberry Applesauce Milk	Jan - 14 Chicken Patty Baked Ham Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Mashed Potatoes Lima Beans Orange-Pineapple Milk	Jan - 15 BBQ Chicken on Bun Chicken Tenders Taco Pizza Cobb Salad Turkey Club Wrap Toss Salad Roasted Vegetables Apple Slices Banana Milk
Jan - 18 NO SCHOOL TODAY	Jan - 19 Pizza Cheese Crunche Cashew Chicken w/Ric Pizza Variety Chef Salad Turkey Avocado Wrap Honey Glazed Carrots Fresh Broccoli Strawberry Blueberry Fresh Apple Milk	Jan - 20 Cheeseburger Chicken & Waffles Pizza Variety Popcorn Chicken Sala Hawaiian Chicken Wra BAKED POTATO Toss Salad Chilled Peaches Grapes Milk	Jan - 21 Baked Ham Country Fry Beef Steak Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Mashed Potatoes Green Beans Tropical Fruit Salad Milk BROWN GRAVY	Jan - 22 Spaghetti & Meatballs Chicken Alfredo Pizza Variety Cobb Salad Turkey Club Wrap Breadstick Corn Mixed Fruit Banana Milk
Jan - 25 General Tso's & Rice Grill Cheese Pizza Variety Chicken Caesar Salad Ham & Cheese Wrap Seasoned Peas Toss Salad Chilled Peaches Grapes, Fresh Milk	Jan - 26 Fish Sticks Chicken Nachos w/Ch Pizza Variety Chef Salad Turkey Avocado Wrap Celery Sticks Roasted Vegetables Mixed Fruit Sliced Strawberries Milk	Jan - 27 Beef Fajitas Beef Tacos Pizza Variety Popcorn Chicken Sala Hawaiian Chicken Wra Garlic Noodles Baked Pintos Blushing Applesauce Orange Wedges Milk	Jan - 28 Meatball Sub Hamburger on Bun Pizza Variety Italian Chef Salad Popcorn Chicken Wrap French Fries Baby Carrots Chilled Peaches Sliced Strawberries Milk	Jan - 29 Beef Teriyaki & Rice Toasted Turkey Club Pizza Variety Cobb Salad Turkey Club Wrap Corn Celery Sticks Mandarin Oranges Grapes, Fresh Milk

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.