

OZARK

Monday	Tuesday	Wednesday	Thursday	Friday
				Oct - 1 French Toast Sand Hawaiian Chicken Wra Hot Dog Roasted Vegetables Toss Salad Apple Chocolate Cookies Milk
Oct - 4 Grilled Cheese Hot Ham & Cheese Chef Salad Tomato Soup Celery Sticks Applesauce Milk	Oct - 5 Beef Fajitas Beef Nachos Popcorn Chicken Refried Beans Spanish Rice Cantaloupe Milk	Oct - 6 Lasagna with Garlic Breadstick Mini Corn Dogs Beef & Noodles Seasoned Peas Toss Salad Pears Milk	Oct - 7 Meatloaf Baked Ham Hot Roll Mashed Potatoes Green Beans Watermelon Milk	Oct - 8 Tony's Pizza Turkey Cheese Wrap Cobb Salad Baby Carrots Toss Salad Tropical Fruit Chocolate Chip Cookie Milk
Oct - 11 Chicken Nachos with Spanish Rice Walking Taco BBQ Beef Sand Baked Pintos Celery Sticks Grapes Milk	Oct - 12 Chicken & Noodles Cheeseburger Chicken & Waffles Roasted Vegetables Toss Salad Applesauce Milk	Oct - 13 Sweet & Sour Chicken Corn Dog Hot Ham & Cheese Cheesy Cauliflower Celery Sticks Watermelon Milk	Oct - 14 Breaded Beef Patty Fish Patty Hot Roll Honey Glazed Carrots Mashed Potatoes Strawberry Blueberry Milk	Oct - 15 Frito Pie Chicken Nuggets Pepperoni Pizza Tater Tots Fresh Broccoli Banana Milk
Oct - 18 Hamburger on Bun Sloppy Joe Ham & Cheese Wrap French Fries Baked Beans Rosey Applesauce Milk	Oct - 19 Cashew Chicken Nut Free General Tso's & Rice Grilled Cheese Honey Glazed Carrots Toss Salad Watermelon Milk	Oct - 20 Spaghetti & Meatballs Chicken Alfredo Chef Salad Roasted Broccoli Corn Grapes Milk	Oct - 21 Chicken Patty Roasted Turkey Hot Roll Mashed Potatoes Green Beans Peaches Milk	Oct - 22 Cheese Pizza Corn Dog Italian Sub Cauliflower Cherry Tomatoes Orange Wedges Milk
Oct - 25 Beef Tacos Chicken Nachos Chicken Drumstick Baby Carrots Refried Beans Watermelon Milk	Oct - 26 Cheese Ravioli Meatball Sub Breakfast for Lunch Corn Fresh Broccoli Orange-Pineapple Milk	Oct - 27 Chicken & Waffles BBQ Pork Sandwich Turkey Cheese Wrap French Fries Cheesy Cauliflower Grapes Milk	Oct - 28 Breaded Beef Patty Popcorn Chicken Hot Roll Green Beans Mashed Potatoes Banana Milk	Oct - 29 French Toast Sand Hawaiian Chicken Wra Hot Dog Roasted Vegetables Toss Salad Apple Chocolate Cookies 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.