

OZARK

Ozark Junior High

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

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