

# OZARK

## Ozark Junior High

Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1  Sweet & Sour Chicken Hot Dog Popcorn Chicken Sala Cheesy Cauliflower Celery Sticks Watermelon Peaches Milk	Dec - 2  Breaded Beef Patty Fish Patty Italian Chef Salad Hot Roll Honey Glazed Carrots Mashed Potatoes Cinnamon Apples Strawberry Blueberry Milk	Dec - 3  Chicken Nuggets with Cornbread Cobb Salad Spicy Chicken on Bun Tater Tots Fresh Broccoli Pears Banana Milk
Dec - 6  Hamburger on Bun Ham & Cheese Wrap Chicken Caesar Salad French Fries Baked Beans Orange Wedges Rosey Applesauce Milk	Dec - 7  Popcorn Chicken Bowl with Focaccia Bread Cashew Chicken Nut Free Chef Salad Honey Glazed Carrots Toss Salad Apple Peaches Milk	Dec - 8  Breakfast for Lunch Italian Sub Popcorn Chicken Sala Roasted Broccoli Mexicali Corn Tropical Fruit Grapes Milk	Dec - 9  Chicken Patty Meatloaf Italian Chef Salad Hot Roll Mashed Potatoes Green Beans Strawberry Blueberry Pears Milk	Dec - 10  Cheese Pizza Chicken Tenders Cobb Salad Cauliflower Cherry Tomatoes Sugar Cookie Mixed Fruit Orange Wedges Milk
Dec - 13  Chicken Nachos Turkey Cheese Wrap Chicken Caesar Salad Baby Carrots Refried Beans Orange-Pineapple Grapes Milk	Dec - 14  Cheese Ravioli with Garlic Breadstick Stromboli Chef Salad Corn Roasted Vegetables Mixed Fruit Cinnamon Apples Milk	Dec - 15  Chicken & Waffles Ham & Cheese Wrap Italian Chef Salad French Fries Cheesy Cauliflower Apple Peaches Milk	Dec - 16  Baked Ham Hot Roll Green Beans Sweet Potatoes Pumpkin Cookie Ice Cream Cup Mandarin Oranges Banana Milk	Dec - 17  Pepperoni Pizza BBQ Chicken Nachos Cobb Salad Baby Carrots Toss Salad Tropical Fruit Orange Wedges Milk
Dec - 20  Grilled Cheese Popcorn Chicken Wrap Chicken Caesar Salad Tomato Soup Celery Sticks Strawberry Blueberry Applesauce Milk	Dec - 21  Chili Cinnamon Roll Mini Corn Dogs Chef Salad Corn Toss Salad Orange Wedges Pears 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.