

OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
		Dec - 1 Sweet & Sour Chicken Pizza Variety Roast Beef & Swiss Popcorn Chicken Sala Cheesy Cauliflower Celery Sticks Watermelon Peaches Milk	Dec - 2 Breaded Beef Patty Pizza Variety Italian Chef Salad Popcorn Chicken Wrap 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 Cheeseburger Pizza Variety Ham & Cheese Wrap Chicken Caesar Salad French Fries Baked Beans Orange Wedges Rosey Applesauce Milk	Dec - 7 Cashew Chicken Nut Free Pizza Variety Chef Salad Turkey Avocado Wrap Honey Glazed Carrots Toss Salad Apple Peaches Milk	Dec - 8 Breakfast for Lunch Pizza Variety Roast Beef & Swiss Popcorn Chicken Sala Roasted Broccoli Mexicali Corn Tropical Fruit Grapes Milk	Dec - 9 Chicken Patty Meatloaf Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Mashed Potatoes Green Beans Strawberry Blueberry Pears Milk	Dec - 10 Chicken Tenders with Cornbread Pizza Variety Cobb Salad Turkey Club Wrap Cauliflower Cherry Tomatoes Sugar Cookie Mixed Fruit Orange Wedges Milk
Dec - 13 Chicken Nachos Pizza Variety Ham & Cheese Wrap Chicken Caesar Salad Baby Carrots Refried Beans Orange-Pineapple Grapes Milk	Dec - 14 Stromboli Pizza Variety Chef Salad Turkey Avocado Wrap Corn Roasted Vegetables Mixed Fruit Cinnamon Apples Milk	Dec - 15 Chicken & Waffles Pizza Variety Italian Chef Salad Roast Beef & Swiss French Fries Cheesy Cauliflower Apple Peaches Milk	Dec - 16 Roasted Turkey Baked Ham Hot Roll Stuffing, Cornbread Green Beans Mashed Potatoes Sweet Potatoes Strawberry Shortcake Mandarin Oranges Banana Milk	Dec - 17 BBQ Chicken Nachos Pizza Variety Cobb Salad Turkey Club Wrap Baby Carrots Toss Salad Strawberry Blueberry Tropical Fruit Milk
Dec - 20 Grilled Cheese All Meat Pizza Ham & Cheese Wrap Chicken Caesar Salad Tomato Soup Celery Sticks Grapes Applesauce Milk	Dec - 21 Chili Cinnamon Roll Pizza Variety Turkey Avocado Wrap 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.