

# OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 3	Jan - 4	Jan - 5	Jan - 6 Breaded Beef Patty Fish Patty Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Honey Glazed Carrots Mashed Potatoes Cinnamon Apples Strawberry Blueberry Milk	Jan - 7 Chicken Nuggets Frito Pie with Cornbread Pizza Variety Cobb Salad Spicy Chicken on Bun Tater Tots Fresh Broccoli Pears Banana Milk
Jan - 10 Cheeseburger Sloppy Joe Pizza Variety Ham & Cheese Wrap Chicken Caesar Salad French Fries Baked Beans Orange Wedges Rosey Applesauce Milk	Jan - 11 Popcorn Chicken Bowl with Focaccia Bread Cashew Chicken Nut Free Pizza Variety Chef Salad Turkey Avocado Wrap Honey Glazed Carrots Toss Salad Apple Peaches Milk	Jan - 12 Meatball Sub with Garlic Noodles Breakfast for Lunch Pizza Variety Roast Beef & Swiss Popcorn Chicken Sala Roasted Broccoli Mexicali Corn Tropical Fruit Grapes Milk	Jan - 13 Chicken Patty Meatloaf Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Mashed Potatoes Green Beans Strawberry Blueberry Pears Milk	Jan - 14 Chicken Tenders with Cornbread Corn Dog Pizza Variety Cobb Salad Turkey Club Wrap Cauliflower Cherry Tomatoes No-Bake Cookie Mixed Fruit Orange Wedges Milk
Jan - 17	Jan - 18 Cheese Ravioli with Garlic Breadstick Stromboli Pizza Variety Chef Salad Turkey Avocado Wrap Corn Roasted Vegetables Mixed Fruit Cinnamon Apples Milk	Jan - 19 Chicken & Waffles BBQ Pork Sandwich Pizza Variety Italian Chef Salad Roast Beef & Swiss French Fries Cheesy Cauliflower Grapes Peaches Milk	Jan - 20 Roasted Turkey Baked Ham Pizza Variety Italian Chef Salad Popcorn Chicken Sala Hot Roll Green Beans Mashed Potatoes Mandarin Oranges Apple Milk	Jan - 21 BBQ Chicken Nachos Burrito Enchilada Style Pizza Variety Cobb Salad Turkey Club Wrap Baby Carrots Toss Salad Strawberry Blueberry Tropical Fruit Milk
Jan - 24 Grilled Cheese Hot Ham & Cheese All Meat Pizza Ham & Cheese Wrap Chicken Caesar Salad Tomato Soup Celery Sticks Grapes Mixed Fruit Milk	Jan - 25 Chili Cinnamon Roll Mini Corn Dogs Pizza Variety Turkey Avocado Wrap Chef Salad Corn Toss Salad Orange Wedges Pears Milk	Jan - 26 Sweet & Sour Chicken Hot Dog Pizza Variety Roast Beef & Swiss Popcorn Chicken Sala Cheesy Cauliflower Celery Sticks Watermelon Peaches Milk	Jan - 27 Chicken Patty Breaded Beef Patty Pizza Variety Italian Chef Salad Popcorn Chicken Wrap Hot Roll Mashed Potatoes Green Beans Strawberry Blueberry Pears Milk	Jan - 28 Cheeseburger Meatball Sub Pizza Variety Ham & Cheese Wrap Chicken Caesar Salad French Fries Baked Beans Orange Wedges Rosey Applesauce 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.

# OZARK HIGH SCHOOL LUNCH

Monday	Tuesday	Wednesday	Thursday	Friday
Jan - 31  Chicken Burrito with Spanish Rice Open Faced Hot Turke Pizza Variety Ham & Cheese Wrap Chicken Caesar Salad Baked Pintos Celery Sticks Apple Blushing Pears Milk				

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*\* - denotes combined nutrient totals with either missing or incomplete nutrient data.*

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