

# OZARK

## Middle School

| Monday  | Tuesday  | Wednesday  | Thursday  | Friday  |
|---|--|--|---|---|
|   |  |  | Sep - 1<br>Chicken Patty<br>Roasted Turkey<br>Hot Roll<br>Honey Glazed Carrots<br>Mashed Potatoes<br>Strawberry Blueberry<br>Milk | Sep - 2<br>Chef Salad<br>with Strawberry Muffin<br>Chicken Parmesan<br>Hot Ham & Cheese<br>Tater Tots<br>Roasted Vegetables<br>Mixed Fruit<br>Milk          |
| Sep - 5<br><br>NO SCHOOL TODAY  | Sep - 6<br>Cobb Salad<br>with Garlic Breadstick<br>Chicken & Waffles<br>BBQ Pork Sandwich<br>Baked Beans<br>Cheesy Cauliflower<br>Watermelon<br>Milk                       | Sep - 7<br>Sweet & Sour Chicken<br>Hot Dog<br>Ham & Cheese Wrap<br>Roasted Vegetables<br>Celery Sticks<br>Rosey Applesauce<br>Milk                           | Sep - 8<br>Chicken Patty<br>Baked Ham<br>Hot Roll<br>Green Beans<br>Mashed Potatoes<br>Mixed Fruit<br>Milk                        | Sep - 9<br>Chef Salad<br>with Banana Muffin<br>Cheeseburger<br>Meatball Sub<br>French Fries<br>Roasted Vegetables<br>Strawberry Banana Mix<br>Milk          |
| Sep - 12<br>Chicken Nachos<br>Beef Tacos<br>Popcorn Chicken Wrap<br>Baked Pintos<br>Celery Sticks<br>Mixed Fruit<br>Milk                | Sep - 13<br>Cobb Salad<br>with Garlic Breadstick<br>Grilled Cheese<br>French Toast Sand<br>Toss Salad<br>Roasted Vegetables<br>Rosey Applesauce<br>Milk                    | Sep - 14<br>Pepperoni Lasagna<br>with Garlic Breadstick<br>Popcorn Chicken<br>Turkey Cheese Wrap<br>Baby Carrots<br>Cheesy Cauliflower<br>Watermelon<br>Milk | Sep - 15<br>Chicken Patty<br>Meatloaf<br>Hot Roll<br>Mashed Potatoes<br>Green Beans<br>Apple<br>Milk                              | Sep - 16<br>Chef Salad<br>with Strawberry Muffin<br>Cheese Pizza<br>Corn Dog<br>Fresh Broccoli<br>Cherry Tomatoes<br>Orange Wedges<br>SUGAR COOKIES<br>Milk |
| Sep - 19<br>Cheesy Chicken<br>Cheeseburger<br>Popcorn Chicken Wrap<br>Roasted Broccoli<br>Toss Salad<br>Rosey Applesauce<br>Milk        | Sep - 20<br>Cobb Salad<br>with Garlic Breadstick<br>Chicken Tenders<br>Stromboli<br>French Fries<br>Sliced Cucumber<br>Watermelon<br>Milk                                  | Sep - 21<br>Beef Nachos<br>Sloppy Joe<br>Ham & Cheese Wrap<br>Mexican Street Corn<br>Baked Pintos<br>Orange Wedges<br>Milk                                   | Sep - 22<br>Breaded Beef Patty<br>Roasted Turkey<br>Hot Roll<br>Green Beans<br>Mashed Potatoes<br>Strawberry Blueberry<br>Milk    | Sep - 23<br>Chef Salad<br>with Banana Muffin<br>Pepperoni Pizza<br>Turkey Cheese Wrap<br>Baby Carrots<br>Cheesy Cauliflower<br>Mixed Fruit<br>Milk          |
| Sep - 26<br>Spaghetti & Meatballs<br>Mac & Cheese Smokie<br>Popcorn Chicken Wrap<br>Roasted Broccoli<br>Corn<br>Cinnamon Apples<br>Milk | Sep - 27<br>Cobb Salad<br>with Garlic Breadstick<br>Hamburger on Bun<br>Chicken Nuggets<br>French Fries<br>Baked Beans<br>Rosey Applesauce<br>Snickerdoodle Cookie<br>Milk | Sep - 28<br>Cashew Chicken<br>Nut Free<br>Grilled Cheese<br>Turkey Cheese Wrap<br>Honey Glazed Carrots<br>Toss Salad<br>Peaches<br>Milk                      | Sep - 29<br>Chicken Patty<br>Baked Ham<br>Hot Roll<br>Green Beans<br>Mashed Potatoes<br>Cantaloupe<br>Milk                        | Sep - 30<br>Chef Salad<br>with Banana Muffin<br>Cheese Pizza<br>Roast Beef & Swiss<br>Baby Carrots<br>Cheesy Cauliflower<br>Mixed Fruit<br>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.**