

Okaloosa County Schools

January 2014 K-12 Lunch Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

A student meal consists of 3 to 5 of these offers and requires a choice of fruit or vegetables:

- Fruits
- Vegetables
- Meat/Meat Alternate
- Bread/Grain
- Skim White or Low fat Flavored Milk

Okaloosa County School Food & Nutrition Services
(850)-301-3020

Menu Subject To Change

Offered Daily

A variety of freshly made entrée and side salads, sandwiches, pizzas, dinner rolls and crackers Non-Fat or 1% White or Non-Fat Flavored Milk

Meal Prices

Student: \$2.55 Reduced \$.40

Adult \$3.75



Whole Grain Products offered Daily



<p>6</p> <p><u>Choice of One</u> <i>Fish Nuggets & Hush Puppies</i> <i>Ham & Cheese Sandwich</i> <u>Choose Up to 3</u> Crispy Tater Tots Baked Beans Fresh Assorted Fruit Chilled Peaches 100% Fruit Juice</p>	<p>7</p> <p><u>Choice of One</u> <i>Nachos Supreme</i> <i>Assorted Wraps</i> <u>Choose Up to 3</u> Black Bean & Corn Salad Seasoned Refried Beans Fresh Assorted Fruit Chilled Pineapple Tidbits 100% Fruit Juice</p>	<p>8</p> <p><u>Choice of One</u> <i>Spaghetti & Meat Sauce</i> <i>Hotdog on a Bun</i> <u>Choose Up to 3</u> Steamed Broccoli Steamed Carrots Romaine Salad Fresh Assorted Fruit Strawberries 100% Fruit Juice</p>	<p>9</p> <p><u>Early Release Day</u> <i>Corndog</i></p> <p><u>Sides</u> Fresh Apple Celery & Carrot Sticks Choice of Milk</p>	<p>10</p> <p><u>Choice of One</u> <i>Cheese Pizza</i> <i>Taco Quesadilla</i> <i>Turkey & Cheese Sandwich</i> <u>Choose Up to 3</u> Fresh Carrot Sticks Steamed Peas Fresh Assorted Fruit Chilled Mixed Fruit 100% Fruit Juice</p> 
<p>13</p> <p><u>Choice of One</u> <i>Stuffed Shells</i> <i>Ham & Cheese on Bun</i> <u>Choose Up to 3</u> Steamed Peas Steamed Carrots Fresh Assorted Fruit Chilled Pineapple 100% Fruit Juice</p>	<p>14</p> <p><u>Choice of One</u> <i>Turkey Soft Taco</i> <i>Cheese Quesadilla</i> <u>Choose Up to 3</u> Seasoned Refried Beans Steamed Corn Fresh Assorted Fruit Chilled Peaches 100% Fruit Juice</p>	<p>15 <u>Breakfast for Lunch</u></p> <p><u>Choice of One</u> <i>Scrambled Eggs & Toast</i> <i>French Toast & Sausage</i> <i>Breaded Chicken Sandwich</i> <u>Choose Up to 3</u> Sweet Potato Wedges Breaded Green Beans Fresh Assorted Fruit Chilled Pears 100% Fruit Juice</p>	<p>16</p> <p><u>Choice of One</u> <i>Sloppy Joe</i> <i>Deluxe Mac & Cheese</i> <u>Choose Up to 3</u> Romaine Side Salad Steamed Broccoli Baked Potato Wedges Fresh Assorted Fruit Chilled Mixed Fruit 100% Fruit Juice</p>	<p>17</p> <p><u>Choice of One</u> <i>Pepperoni Pizza</i> <i>Bean & Cheese Burrito</i> <i>Turkey & Cheese Sandwich</i> <u>Choose Up to 3</u> Fresh Carrot Sticks Steamed Corn Fresh Assorted Fruit Baked Apple Slices 100% Fruit Juice</p> 
<p>20</p> <p><u>Choice of One</u> <i>Cheese Ravioli & a Biscuit</i> <i>Hamburger on a Bun</i> <u>Choose Up to 3</u> Baked Potato Wedges Steamed Green Beans Fresh Assorted Fruit Chilled Pears 100% Fruit Juice</p>	<p>21</p> <p><u>Choice of One</u> <i>Baked Chicken & Gravy over Rice</i> <i>Grilled Cheese Sandwich</i> <u>Choose Up to 3</u> Baked Beans Steamed Carrots Fresh Assorted Fruit Chilled Mixed Fruit 100% Fruit Juice</p>	<p>22</p> <p><u>Choice of One</u> <i>Beefy Mac</i> <i>Ham & Cheese on a Bun</i> <u>Choose Up to 3</u> Steamed Corn Steamed Peas Romaine Salad Fresh Assorted Fruit Chilled Pineapple Tidbits 100% Fruit Juice</p>	<p>23</p> <p><u>Choice of One</u> <i>Tangerine Chicken & Fried Rice</i> <i>Ham & Cheese on a Bun</i> <u>Choose Up to 3</u> Vegetable Egg Roll Tater Tots Fresh Assorted Fruit Chilled Peaches 100% Fruit Juice</p>	<p>24</p> <p><u>Choice of One</u> <i>Cheese Pizza</i> <i>Taco Quesadilla</i> <i>Hotdog on a Bun</i> <u>Choose Up to 3</u> Fresh Carrot Sticks Steamed Broccoli Fresh Assorted Fruit Apple Crisp 100% Fruit Juice</p> 
<p>27</p> <p><u>Choice of One</u> <i>Chili Fritos</i> <i>Breaded Chicken Sandwich</i> <u>Choose Up to 3</u> Steamed Corn Steamed Green Beans Fresh Assorted Fruit Chilled Applesauce 100% Fruit Juice</p>	<p>28</p> <p><u>Choice of One</u> <i>Turkey & Gravy over Rice</i> <i>Hotdog on a Bun</i> <u>Choose Up to 3</u> Steamed Carrots Breaded Okra Fresh Assorted Fruit Chilled Mixed Fruit 100% Fruit Juice</p>	<p>29</p> <p><u>Choice of One</u> <i>Chicken Nuggets</i> <i>Turkey & Cheese on Bun</i> <u>Choose Up to 3</u> Sweet Potato Wedges Broccoli with Cheese Fresh Assorted Fruit Chilled Pears 100% Fruit Juice</p>	<p>30</p> <p><u>Choice of One</u> <i>Meatball Sub</i> <i>Cheese Quesadilla</i> <u>Choose Up to 3</u> Steamed Corn Crispy Tater Tots Fresh Assorted Fruit Chilled Pineapple Tidbits 100% Fruit Juice</p>	<p>31</p> <p><u>Choice of One</u> <i>Pepperoni Pizza</i> <i>Bean & Cheese Burrito</i> <i>Ham & Cheese Sandwich</i> <u>Choose Up to 3</u> Steamed Corn Black Bean & Corn Salad Fresh Assorted Fruit Chilled Peaches 100% Fruit Juice</p> 