

# Okaloosa County Schools

## January 2014 K-8 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, 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><b>6</b> <u>Choice of One</u> <i>Fish Nuggets &amp; Hush Puppies</i> <i>Ham &amp; Cheese Sandwich</i> <u>Choose Up to 3</u> Crispy Tater Tots Baked Beans Fresh Assorted Fruit Chilled Peaches 100% Fruit Juice</p>	<p><b>7</b> <u>Choice of One</u> <i>Nachos Supreme</i> <i>Assorted Wraps</i> <u>Choose Up to 3</u> Black Bean &amp; Corn Salad Seasoned Refried Beans Fresh Assorted Fruit Chilled Pineapple Tidbits 100% Fruit Juice</p>	<p><b>8</b> <u>Choice of One</u> <i>Spaghetti &amp; 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><b>9</b> <u>Early Release Day</u> <i>Corndog</i>  <u>Sides</u> Fresh Apple Celery &amp; Carrot Sticks Choice of Milk</p>	<p><b>10</b> <u>Choice of One</u> <i>Cheese Pizza</i> <i>Taco Quesadilla</i> <i>Turkey &amp; 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><b>13</b> <u>Choice of One</u> <i>Stuffed Shells</i> <i>Ham &amp; Cheese on Bun</i> <u>Choose Up to 3</u> Steamed Peas Steamed Carrots Fresh Assorted Fruit Chilled Pineapple 100% Fruit Juice</p>	<p><b>14</b> <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><b>15</b> <u>Breakfast for Lunch</u> <u>Choice of One</u> <i>Scrambled Eggs &amp; Toast</i> <i>French Toast &amp; 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><b>16</b> <u>Choice of One</u> <i>Sloppy Joe</i> <i>Deluxe Mac &amp; 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><b>17</b> <u>Choice of One</u> <i>Pepperoni Pizza</i> <i>Bean &amp; Cheese Burrito</i> <i>Turkey &amp; 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><b>20</b> <u>Choice of One</u> <i>Cheese Ravioli &amp; 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><b>21</b> <u>Choice of One</u> <i>Baked Chicken &amp; 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><b>22</b> <u>Choice of One</u> <i>Beefy Mac</i> <i>Ham &amp; 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><b>23</b> <u>Choice of One</u> <i>Tangerine Chicken &amp; Fried Rice</i> <i>Ham &amp; 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><b>24</b> <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><b>27</b> <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><b>28</b> <u>Choice of One</u> <i>Turkey &amp; 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><b>29</b> <u>Choice of One</u> <i>Chicken Nuggets</i> <i>Turkey &amp; 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><b>30</b> <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><b>31</b> <u>Choice of One</u> <i>Pepperoni Pizza</i> <i>Bean &amp; Cheese Burrito</i> <i>Ham &amp; Cheese Sandwich</i> <u>Choose Up to 3</u> Steamed Corn Black Bean &amp; Corn Salad Fresh Assorted Fruit Chilled Peaches 100% Fruit Juice</p> 