

Okaloosa County Schools

January 2014 High School 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
Non-Fat or 1% White or Non-Fat Flavored Milk

Okaloosa County School Food & Nutrition Services
(850)-301-3020
Menu Subject To Change

Offered Daily:
A variety of Freshly Made Salads, Fresh Baked Pizza, Sandwiches, Subs, Wraps and Chicken Baskets. Whole Grain Rolls and Crackers. Non-Fat or 1% White or Non-Fat Flavored Milk
Meal Prices
Student: \$2.55 Reduced \$4.40
Adult \$3.75

Whole Grain Products offered Daily

6

Choice of One
Stuffed Shells

Choose up to 4
Steamed Peas
Vegetable Medley
Chilled Peaches
100% Fruit Juice

7

Choice of One
Nachos Supreme

Choose up to 4
Seasoned Refried Beans
Steamed Corn
Fresh Assorted Fruit
Chilled Pineapple Tidbits
100% Fruit Juice

8

Choice of One
Spaghetti & Meat Sauce

Choose up to 4
Steamed Broccoli
Steamed Carrots
Fresh Assorted Fruit
Strawberries
100% Fruit Juice

9

Choice of One
Philly Cheese Sub

Choose up to 4
Sweet Potato Wedges
Steamed Green Beans
Fresh Assorted Fruit
Chilled Peas
100% Fruit Juice

10

Choice of One
Chicken Fajitas

Choose up to 4
Steamed Corn
Steamed Peas
Fresh Assorted Fruit
Chilled Mixed Fruit
100% Fruit Juice

13

Choice of One
BBQ Sandwich

Choose up to 4
Sweet Potato Wedges
Baked Beans
Fresh Assorted Fruit
Chilled Pineapple Tidbits
100% Fruit Juice

14

Choice of One
Turkey Soft Taco

Choose up to 4
Seasoned Refried Beans
Steamed Corn
Fresh Assorted Fruit
Chilled Peaches
100% Fruit Juice

15

Choice of One
Deluxe Mac & Cheese

Choose up to 4
Sweet Potato Wedges
Breaded Green Beans
Fresh Assorted Fruit
Chilled Peas
100% Fruit Juice

16

Choice of One
Sloppy Joe on a Bun

Choose up to 4
Steamed Broccoli
Steamed Carrots
Fresh Assorted Fruit
Chilled Mixed Fruit
100% Fruit Juice

17

Choice of One
Bean & Cheese Burrito

Choose up to 4
Steamed Corn
Fresh Carrot Sticks
Fresh Assorted Fruit
Baked Apple Slices **Choice of One**
Sloppy Joe on a Bun

20

Choice of One
Cheese Ravioli & Biscuit

Choose up to 4
Baked Potato Wedges
Steamed Broccoli
Fresh Assorted Fruit
Chilled Peas
100% Fruit Juice

21

Choice of One
Chicken & Gravy over Rice

Choose up to 4
Baked Beans
Sweet Potato Wedges
Fresh Assorted Fruit
Chilled Mixed Fruit
100% Fruit Juice

22

Choice of One
Beefy Mac

Choose up to 4
Steamed Corn
Steamed Peas
Romaine Salad
Fresh Assorted Fruit
Chilled Peas
100% Fruit Juice

23

Choice of One
BBQ on a Bun

Choose up to 4
Steamed Green Beans
Crispy Tater Tots
Fresh Assorted Fruit
Chilled Mixed Fruit
100% Fruit Juice

24

Choice of One
Tangerine Chicken & Fried Rice

Choose up to 4
Vegetable Egg Roll
Steamed Carrots
Fresh Assorted Fruit
Chilled Peaches
100% Fruit Juice

27

Choice of One
Chili Fritos

Choose up to 4
Steamed Corn
Steamed Green Beans
Fresh Assorted Fruit
Chilled Mixed Fruit
100% Fruit Juice

28

Choice of One
Turkey & Gravy over Rice

Choose up to 4
Steamed Carrots
Breaded Okra
Fresh Assorted Fruit
Chilled Applesauce
100% Fruit Juice

29

Choice of One
Popcorn Chicken Bowl

Choose up to 4
Sweet Potato Wedges
Broccoli with Cheese
Fresh Assorted Fruit
Chilled Peas
100% Fruit Juice

30

Choice of One
Meatball Sub

Choose up to 4
Steamed Squash
Tater Tots
Romaine Salad
Fresh Assorted Fruit
Chilled Pineapple Tidbits
100% Fruit Juice

31

Choice of One
Bean & Cheese Burrito

Choose up to 4
Steamed Corn
Black Bean & Corn Salad
Fresh Assorted Fruit
Chilled Peaches
100% Fruit Juice



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