

Kern High School District
2014 Di Giorgio SD - Lunch Menu - K8

This institution is an equal opportunity employer & provider

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
		Wed - 1/1/2014 Christmas/Winter Recess	Thu - 1/2/2014	Fri - 1/3/2014	Avg Nutrients Target Cals... *N/A* Sodium. *N/A* mg Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal
Mon - 1/6/2014 WG Chicken Corn Dog Baked Beans Carrot Coins Dried Apple & Raisin Mix 1% Unflavored Milk Non-Fat Unflavored Milk Mustard Packets	Tue - 1/7/2014 Tangerine Chicken over WG Rice Carrot & Celery Sticks Sliced Red Apple Non-Fat Chocolate Milk 1% Unflavored Milk	Wed - 1/8/2014 "Better for You" Cheese & Pepperoni Pizza ** Broccoli & Raisin Salad Juicy Orange Wedges 1% Unflavored Milk Non-Fat Unflavored Milk	Thu - 1/9/2014 Beef, Beans & Cheese w/ WG Corn Chips Dark Leafy Green Salad Buttermilk Ranch Dressing Petite Banana Non-Fat Chocolate Milk 1% Unflavored Milk	Fri - 1/10/2014 Turkey & Gravy over Mashed Potatoes Chilled Orange Yam Crisp Sliced Cucumbers Fruit Cocktail Whole Grain Roll 1% Unflavored Milk Non-Fat Unflavored Milk	Avg Nutrients Target Cals... 637 100% Sodium. 1126 mg Carb 99.0g 62.2%Cal T.Fat 13.1g 18.5%Cal S.Fat 4.9*g 7.0%Cal
Mon - 1/13/2014 Crispy Chicken Tenders Chopped Roasted Redskin Potatoes Cheesy Broccoli Sliced Red Apple 2 WG Cornbread Puffin 1% Unflavored Milk Non-Fat Unflavored Milk Ketchup Packets (2)	Tue - 1/14/2014 Beef, Bean & Cheese Taco Boat Black Beans, Corn & WG Rice Carrot & Celery Sticks Unsweetened Applesauce Non-Fat Chocolate Milk 1% Unflavored Milk Taco Sauce (2)	Wed - 1/15/2014 Italian Style WG Pasta w/ Beef & Tomato Sauce Roasted Carrots Dark Leafy Green Salad Buttermilk Ranch Dressing Red Flame Grapes 1% Unflavored Milk Non-Fat Unflavored Milk	Thu - 1/16/2014 100% All Beef Hamburger Sandwich Fixings Ketchup (2), Mustard (1) Baked Beans Crisp Sliced Cucumbers Fresh Kiwi Non-Fat Chocolate Milk 1% Unflavored Milk	Fri - 1/17/2014 "Better for You" Chicken & Cheese WG Pizza Crunchy Carrot & Celery Sticks Apple-Spinach Salad Pineapple Chunks 1% Unflavored Milk Non-Fat Unflavored Milk	Avg Nutrients Target Cals... 641 100% Sodium. 1232 mg Carb 93.1g 58.1%Cal T.Fat 15.0g 21.0%Cal S.Fat 5.5*g 7.7%Cal
Mon - 1/20/2014 Martin Luther King Birthday Observance	Tue - 1/21/2014 SW Veggie Quesadilla Kick'n Pinto Beans Carroteenies Sliced Red Apple Non-Fat Chocolate Milk 1% Unflavored Milk	Wed - 1/22/2014 Turkey & Gravy over Mashed Potatoes Dark Leafy Green Salad Buttermilk Ranch Dressing Cinnamon Applesauce Whole Grain Roll 1% Unflavored Milk Non-Fat Unflavored Milk	Thu - 1/23/2014 Bar-B-Q Pork Rib Sandwich** Chopped Roasted Redskin Potatoes Baked Beans Broccoli & Raisin Salad Red Flame Grapes Non-Fat Chocolate Milk 1% Unflavored Milk	Fri - 1/24/2014 Zesty Bean & Cheese WG Burrito Spicy Hummus Carrot & Celery Sticks Dried Apple & Raisin Mix 1% Unflavored Milk Non-Fat Unflavored Milk Taco Sauce (2)	Avg Nutrients Target Cals... 646 100% Sodium. 1173 mg Carb 94.5g 58.5%Cal T.Fat 15.3g 21.3%Cal S.Fat 5.9*g 8.3%Cal

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.

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Mon - 1/27/2014	Tue - 1/28/2014	Wed - 1/29/2014	Thu - 1/30/2014	Fri - 1/31/2014	Avg Nutrients Target
"Better for You" Cheese & Pepperoni Pizza **	Whole Grain Chicken Nuggets	Beef, Beans & Cheese w/ WG Corn Chips	Italian Style WG Pasta w/ Beef & Tomato Sauce	100% All Beef Hamburger	Cals... 630 100%
Broccoli & Raisin Salad	Chopped Roasted Redskin Potatoes	Black, Pinto, Corn Bean Salad	Roasted Carrots	Sandwich Fixings	Sodium... 1139 mg
Sliced Red Apple	Roasted Green Beans	Carrot & Celery Sticks	Crisp Sliced Cucumbers	Ketchup (2), Mustard (1)	Carb 91.0g 57.8%Cal
1% Unflavored Milk	Juicy Orange Wedges	Fresh Kiwi	Juicy Orange Wedges	Sweet Corn Kernels	T.Fat 15.5g 22.1%Cal
Non-Fat Unflavored Milk	WG Corn Muffin	1% Unflavored Milk	Non-Fat Chocolate Milk	Baked Beans	S.Fat 5.7*g 8.1%Cal
	Non-Fat Chocolate Milk	Non-Fat Unflavored Milk	1% Unflavored Milk	Red Flame Grapes	
	1% Unflavored Milk			1% Unflavored Milk	
	Ketchup Packets (2)			Non-Fat Unflavored Milk	

Subject to change without notice. ** shows an item that contains pork.

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