

## Kern High School District

2012 Student Lunch Menu - Grades 7-8

Apr 30, 2012

CDE &amp; USDA are equal opportunity providers &amp; employers

| Monday  | Tuesday   | Wednesday   | Thursday   | Friday  | Nutrients   |
|---|---|---|--|---|---|
|   | Tue - 5/1/2012<br>Beef & Cheese Rolled Taco<br>Kick'n Refried Beans<br>Celery Sticks<br>Yum-O Ranch Sauce<br>Cool Pears in Lite Syrup   | Wed - 5/2/2012<br>SW Veggie Quesadilla<br>Sweet Corn Kernels<br>Cowboy Caviar (cold bean salad)<br>Lite Canned Apricots<br>WG Waffle Grahams        | Thu - 5/3/2012<br>Grilled Burger<br>Baked Tater Rounds<br>Juicy Orange Wedges<br>Honey Graham Crackers   | Fri - 5/4/2012<br>Tender Turkey & Gravy over Mashed Potatoes<br>Candied Sweet Potatoes<br>Seasoned Green Breans<br>Crispy Cucumber & Carrot Coins<br>Yum-O Ranch Sauce<br>Cool Pears in Lite Syrup<br>Whole Wheat Dinner Roll | Avg Nutrients Target<br>Cals... 778 99%<br>Chol... 57* mg 57%<br>Sodium. 1424 mg 105%<br>Fiber.. 10.5* g 176%<br>Iron... 6.1* mg 135%<br>Calcium745.1* mg 186%<br>Vit A 6021* IU 401%<br>Vit C 32.3* mg 193%<br>Prot 38.6*g 19.8%Cal<br>Carb 112.3g 57.7%Cal<br>T.Fat 20.0g 23.2%Cal<br>S.Fat 7.5*g 8.7%Cal   |
| Mon - 5/7/2012<br>Tower Pep. & Cheese French Bread Pizza**<br>Baked Beans<br>Mixed Vegetables<br>Golden Dried Fruit Mix<br>Orange Juice                                 | Tue - 5/8/2012<br>Super Bean & Cheese Burrito<br>Mexicali Corn<br>Celery Sticks<br>Juicy Orange Wedges<br>Fresh Sliced Apple  | Wed - 5/9/2012<br>Breaded Chicken<br>Fillet on Bun<br>Ma Ma Mia Veggie & Pasta Salad<br>Peaches in Lite Syrup<br>Honey Graham Crackers              | Thu - 5/10/2012<br>Asian Tangerine Chicken<br>Brown Oven Fried Rice w/ Vegetables<br>Sweet Carrots & Peas<br>Broccoli & Raisin Salad<br>Sliced Strawberries<br>Tropical Treat Crackers | Fri - 5/11/2012<br>Beef, Beans & Cheese Nachos<br>Sweet Corn Kernels<br>Carrot & Pineapple Salad<br>Fresh Kiwi Halves<br>Dried Apricot & More Mix   | Avg Nutrients Target<br>Cals... 785 100%<br>Chol... 40* mg 40%<br>Sodium. 1467 mg 108%<br>Fiber.. 12.7* g 212%<br>Iron... 6.0* mg 133%<br>Calcium657.2* mg 164%<br>Vit A 8626* IU 575%<br>Vit C 81.6* mg 489%<br>Prot 32.4*g 16.5%Cal<br>Carb 126.3g 64.4%Cal<br>T.Fat 18.3g 20.9%Cal<br>S.Fat 5.3*g 6.1%Cal  |
| Mon - 5/14/2012<br>BBQ Glazed Chicken<br>Vegetarian Baked Beans<br>Crunchy Carrot & Celery Sticks<br>Peanut Butter Dip<br>Sliced Apple Crisp<br>Whole Wheat Dinner Roll | Tue - 5/15/2012<br>Whole Grain Chicken Nuggets<br>Tater Tots w/ Ketchup<br>Tasty Bite - Broccoli & Califlower Salad<br>Canned Pineapple Tidbits in Juice<br>Orange Juice<br>Tropical Treat Crackers | Wed - 5/16/2012<br>Beef & Cheese Lasagna<br>Mixed Vegetables<br>Mediterranean Salad<br>Yum-O Ranch Sauce<br>Juicy Orange Wedges<br>Cornbread Puffin | Thu - 5/17/2012<br>New Orleans Mandarin Chicken<br>Brown Oven Fried Rice w/ Vegetables<br>Broccoli & Raisin Salad<br>Crisp Bagged Carrots<br>Cool Mixed Berries                        | Fri - 5/18/2012<br>Tender Turkey & Gravy over Mashed Potatoes<br>Orange Yam Bites<br>Crispy Cucumber & Carrot Coins<br>Yum-O Ranch Sauce<br>Cool Pears in Lite Syrup<br>Whole Wheat Dinner Roll                               | Avg Nutrients Target<br>Cals... 809 103%<br>Chol... 66* mg 66%<br>Sodium. 1398 mg 103%<br>Fiber.. 11.6* g 193%<br>Iron... 6.0* mg 133%<br>Calcium588.6* mg 147%<br>Vit A 13098* IU 873%<br>Vit C 82.9* mg 496%<br>Prot 37.8*g 18.7%Cal<br>Carb 121.9g 60.3%Cal<br>T.Fat 19.7g 21.9%Cal<br>S.Fat 5.2*g 5.7%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.

# Kern High School District

2012 Student Lunch Menu - Grades 7-8

Apr 30, 2012

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| Monday   | Tuesday   | Wednesday   | Thursday  | Friday   | Nutrients  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
|--|---|---|---|--|--|---------------|---------|----------|----------|------------|------------|--------------|--------------|--------------|--------------|--------------|--------------|----------------|----------------|---------------|---------------|---------------|---------------|-----------------|-----------------|-----------------|-----------------|----------------|----------------|---------------|---------------|
| Mon - 5/21/2012<br><br>SW Chicken Rice Bowl<br>Mexicali Corn<br>Crunchy Carrot &<br>Celery Sticks<br>Yum-O Ranch Sauce<br>Fresh Sliced Apple<br>California Raisins | Tue - 5/22/2012<br><br>Beef & Cheese Rolled<br>Taco<br>Sweet Corn Kernels<br>Broccoli & Raisin Salad<br>Red Seedless Grapes<br>Dried Apricot & More Mix | Wed - 5/23/2012<br><br>Tower Pep. & Cheese<br>French Bread Pizza**<br>Mediterranean Salad<br>Yum-O Ranch Sauce<br>Crisp Bagged Carrots<br>Peaches in Lite Syrup<br>Orange Juice               | Thu - 5/24/2012<br><br>Baked Cheeseburger<br>Tater Tots w/ Ketchup<br>Juicy Orange Wedges<br>Honey Graham Crackers  | Fri - 5/25/2012<br><br>Beef, Beans & Cheese<br>Nachos<br>Mexicali Corn<br>Carrot & Pineapple Salad<br>Fresh Kiwi Halves<br>Tropical Dried Fruit Mix  | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">792 101%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">65* mg 65%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1370 mg 101%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">10.9* g 181%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.2* mg 115%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">682.0* mg 171%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">7393* IU 493%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">73.5* mg 440%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">37.6*g 19.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">114.6g 57.9%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.3g 25.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">8.5*g 9.7%Cal</td> </tr> </table> | Avg Nutrients | Target  | Cals...  | 792 101% | Chol...    | 65* mg 65% | Sodium.      | 1370 mg 101% | Fiber..      | 10.9* g 181% | Iron...      | 5.2* mg 115% | Calcium        | 682.0* mg 171% | Vit A         | 7393* IU 493% | Vit C         | 73.5* mg 440% | Prot            | 37.6*g 19.0%Cal | Carb            | 114.6g 57.9%Cal | T.Fat          | 22.3g 25.3%Cal | S.Fat         | 8.5*g 9.7%Cal |
| Avg Nutrients  | Target  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Cals...  | 792 101%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Chol...  | 65* mg 65%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Sodium.  | 1370 mg 101%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Fiber..  | 10.9* g 181%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Iron...  | 5.2* mg 115%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Calcium  | 682.0* mg 171%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Vit A  | 7393* IU 493%   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Vit C  | 73.5* mg 440%   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Prot   | 37.6*g 19.0%Cal   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Carb   | 114.6g 57.9%Cal   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| T.Fat  | 22.3g 25.3%Cal  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| S.Fat  | 8.5*g 9.7%Cal   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Mon - 5/28/2012<br><br>Memorial Day<br>Observance  | Tue - 5/29/2012<br><br>RF Corn Dog<br>Tater Tots w/ Ketchup<br>Baked Beans<br>Natural Applesauce<br>w/ Cinnamon<br>Honey Graham Crackers                | Wed - 5/30/2012<br><br>Tower Pep. & Cheese<br>French Bread Pizza**<br>Broccoli & Raisin Salad<br>Crunchy Carrot &<br>Celery Sticks<br>Yum-O Ranch Sauce<br>Fresh Sliced Apple<br>Orange Juice | Thu - 5/31/2012<br><br>Crustless PBJ Sandwich<br>(contains peanuts, soy)<br>Mediterranean Salad<br>Yum-O Ranch Sauce<br>Crisp Bagged Carrots<br>California Raisins<br>WG Chocolate Chip<br>Cookie | <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: left;">Avg Nutrients</td> <td style="text-align: right;">Target</td> </tr> <tr> <td>Cals...</td> <td style="text-align: right;">788 101%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">41* mg 41%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1386 mg 102%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">10.7* g 179%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.9* mg 130%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">668.6* mg 167%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">6077* IU 405%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">64.9* mg 389%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">29.9*g 15.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">120.7g 61.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">22.5g 25.7%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.0*g 8.0%Cal</td> </tr> </table> | Avg Nutrients  | Target        | Cals... | 788 101% | Chol...  | 41* mg 41% | Sodium.    | 1386 mg 102% | Fiber..      | 10.7* g 179% | Iron...      | 5.9* mg 130% | Calcium      | 668.6* mg 167% | Vit A          | 6077* IU 405% | Vit C         | 64.9* mg 389% | Prot          | 29.9*g 15.2%Cal | Carb            | 120.7g 61.3%Cal | T.Fat           | 22.5g 25.7%Cal | S.Fat          | 7.0*g 8.0%Cal |               |
| Avg Nutrients  | Target  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Cals...  | 788 101%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Chol...  | 41* mg 41%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Sodium.  | 1386 mg 102%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Fiber..  | 10.7* g 179%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Iron...  | 5.9* mg 130%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Calcium  | 668.6* mg 167%  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Vit A  | 6077* IU 405%   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Vit C  | 64.9* mg 389%   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Prot   | 29.9*g 15.2%Cal   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| Carb   | 120.7g 61.3%Cal   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| T.Fat  | 22.5g 25.7%Cal  |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |
| S.Fat  | 7.0*g 8.0%Cal   |   |   |  |  |               |         |          |          |            |            |              |              |              |              |              |              |                |                |               |               |               |               |                 |                 |                 |                 |                |                |               |               |

Menu subject to change without notice. Meals include skim, 1% and non-fat flavored milk. Nutritional information can be viewed in cafeteria and <http://www.khsd.k12.ca.us/business/FoodServices.aspx>

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