

Kern High School District

2012 Adult Lunch Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 4/2/2012 Easter/Spring Recess	Tue - 4/3/2012 Easter/Spring Recess	Wed - 4/4/2012 Easter/Spring Recess	Thu - 4/5/2012 Easter/Spring Recess	Fri - 4/6/2012 Easter/Spring Recess
Mon - 4/9/2012 TODAY'S DAILY SPECIAL Orange Asian Chicken Smoked BBQ Chicken Teriyaki Steamed Brown Rice PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Delux Chicken Breast Fillet Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Broccoli & Raisin Salad Tossed Green Salad w/ Vegetables Fresh Sliced Apple Sweet Diced Peaches Choice of Assorted Milk or Iced Tea	Tue - 4/10/2012 TODAY'S DAILY SPECIAL BBQ Glazed Chicken PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Jumbo Grilled Hamburger BOXED ENTREE SALAD SELECT 4 SIDES Sweet Potato Fries Tossed Green Salad w/ Vegetables Mixed Fruit, Lite Syrup Juicy Orange Wedges Choice of Assorted Milk or Iced Tea	Wed - 4/11/2012 TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Delux Chicken Breast Fillet Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Tossed Green Salad w/ Vegetables Cowboy Caviar (cold bean salad) Lite Canned Apricots Fresh Sliced Apple Choice of Assorted Milk or Iced Tea	Thu - 4/12/2012 TODAY'S DAILY SPECIAL Soft Taco Kick'n Refried Pinto Bean Soft Taco PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Jumbo Grilled Hamburger BOXED ENTREE SALAD SELECT 4 SIDES Mexicali Corn Tossed Green Salad w/ Vegetables Juicy Orange Wedges Fresh Banana Choice of Assorted Milk or Iced Tea	Fri - 4/13/2012 TODAY'S DAILY SPECIAL Turkey Turnover PIZZA SLICE OF THE DAY Three Cheese Pizza Slice w/ Marinated Veggies DAILY HOT SANDWICH Fish & Cheese Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Tossed Green Salad w/ Vegetables Baked Sweet Potato Fresh Green Beans w/ Lemon Butter Sliced Apple Crisp Choice of Assorted Milk or Iced Tea

**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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Monday	Tuesday	Wednesday	Thursday	Friday
Mon - 4/16/2012 TODAY'S DAILY SPECIAL Meat Loaf w/ Gravy Creamy Mashed Potatoes Whole Wheat Dinner Roll PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Three Bean Salad Tossed Green Salad w/ Vegetables Mixed Fruit, Lite Syrup Juicy Orange Wedges Choice of Assorted Milk or Iced Tea	Tue - 4/17/2012 TODAY'S DAILY SPECIAL Italian Meat Sauce & Spaghetti Italian Marinara Casserole PIZZA SLICE OF THE DAY DAILY HOT SANDWICH BBQ Pork Rib Sandwich** BOXED ENTREE SALAD SELECT 4 SIDES California Blend Mixed Vegetables Mediterranean Salad Fresh Kiwi Halves Canned Pineapple Tidbits in Juice Choice of Assorted Milk or Iced Tea	Wed - 4/18/2012 TODAY'S DAILY SPECIAL All Beef Chili Stack Spanish Rice PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Delux Chicken Breast Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Sweet Corn Kernels Tossed Green Salad w/ Vegetables Cool Pears in Lite Syrup Fresh Sliced Apple Choice of Assorted Milk or Iced Tea	Thu - 4/19/2012 TODAY'S DAILY SPECIAL Beef & Cheese Lasagna Cheese Lasagna PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Italian Style Chicken Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Mediterranean Salad Peaches in Lite Syrup Fresh Banana Apple Oatmeal Cookie Choice of Assorted Milk or Iced Tea	Fri - 4/20/2012 TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes Wheat Dinner Roll PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Fish & Cheese Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Steamed Green Beans Baked Sweet Potato Mixed Fruit, Lite Syrup Juicy Orange Wedges Choice of Assorted Milk or Iced Tea

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Mon - 4/23/2012 TODAY'S DAILY SPECIAL Orange Asian Chicken Smoked BBQ Chicken Teriyaki Steamed Brown Rice PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Jumbo Grilled Hamburger BOXED ENTREE SALAD SELECT 4 SIDES Broccoli & Raisin Salad Tossed Green Salad w/ Vegetables Fresh Sliced Apple Sweet Diced Peaches Choice of Assorted Milk or Iced Tea	Tue - 4/24/2012 TODAY'S DAILY SPECIAL Baked Potato w/ Chili Bowl Traditional Baked Potato Bowl Cornbread Puffin PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Spicy Breaded Chicken Fillet Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Steamed Broccoli Florettes Tossed Green Salad w/ Vegetables Canned Pineapple Tidbits in Juice Apple Oatmeal Cookie Choice of Assorted Milk or Iced Tea	Wed - 4/25/2012 DAILY ENTREE "Your Way" Grilled Chicken Burrito PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Jumbo Grilled Hamburger BOXED ENTREE SALAD SELECT 4 SIDES Tossed Green Salad w/ Vegetables Cowboy Caviar (cold bean salad) Lite Canned Apricots Tropical Dried Fruit Mix Choice of Assorted Milk or Iced Tea	Thu - 4/26/2012 TODAY'S DAILY SPECIAL Pork Chili Verde Whole Grain Rice PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Delux Chicken Breast Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Mexicali Corn Tossed Green Salad w/ Vegetables Juicy Orange Wedges Fresh Banana Choice of Assorted Milk or Iced Tea	Fri - 4/27/2012 TODAY'S DAILY SPECIAL Turkey Turnover PIZZA SLICE OF THE DAY Three Cheese Pizza Slice w/ Marinated Veggies DAILY HOT SANDWICH Fish & Cheese Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Tossed Green Salad w/ Vegetables Baked Sweet Potato Fresh Green Beans w/ Lemon Butter Sliced Apple Crisp Choice of Assorted Milk or Iced Tea

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Mon - 4/30/2012 TODAY'S DAILY SPECIAL Meat Loaf w/ Gravy Creamy Mashed Potatoes Whole Wheat Dinner Roll PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 4 SIDES Three Bean Salad Tossed Green Salad w/ Vegetables Mixed Fruit, Lite Syrup Juicy Orange Wedges Choice of Assorted Milk or Iced Tea				

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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