

Kern High School District

2012 Child Care Lunch Menu

May 1, 2012

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CDE & USDA are equal opportunity employers & providers.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mon - 4/30/2012 Pepperoni Hot Pocket Orange Yam Bites Ma Ma Mia Veggie & Pasta Salad Juicy Orange Wedges	Tue - 5/1/2012 Whole Grain Chicken Nuggets Mixed Vegetables Roasted Red Potatoes Cool Pears in Lite Syrup	Wed - 5/2/2012 SW Veggie Quesadilla Cowboy Caviar (cold bean salad) Lite Canned Apricots	Thu - 5/3/2012 Grilled Burger Lettuce & Tomato Topping Baked Tater Rounds Orange Wedges	Fri - 5/4/2012 Tender Turkey & Gravy over Mashed Potatoes Seasoned Green Breans Crispy Cucumber & Carrot Coins Yum-O Ranch Sauce Cool Pears in Lite Syrup	Avg Nutrients Target Cals... 544 100% Chol... 47* mg 47% Sodium. 1013 mg 82% Fiber.. 7.5* g 125% Iron... 4.0* mg 120% Calcium537.5* mg 201% Vit A 7854* IU1009% Vit C 35.4* mg 236% Prot 28.3*g 20.9%Cal Carb 76.5g 56.3%Cal T.Fat 14.6g 24.1%Cal S.Fat 5.6*g 9.2%Cal
Mon - 5/7/2012 WG Pep. Pizza Round Baked Beans Mixed Vegetables Fresh Sliced Apple	Tue - 5/8/2012 Whole Grain Bean & Cheese Burrito Seasoned Carrot Slices Tossed Green Salad w/ Vegetables Juicy Orange Wedges	Wed - 5/9/2012 Breaded Chicken Fillet on Bun Lettuce & Tomato Topping Fresh Sliced Apple	Thu - 5/10/2012 Asian Tangerine Chicken Brown Oven Fried Rice w/ Vegetables Sweet Carrots & Peas Broccoli & Raisin Salad Sliced Strawberries	Fri - 5/11/2012 Beef, Beans & Cheese Nachos Carrot & Pineapple Salad Unsweetened Applesauce Fresh Kiwi Halves	Avg Nutrients Target Cals... 545 100% Chol... 34* mg 34% Sodium. 1220 mg 99% Fiber.. 11.3* g 188% Iron... 3.5* mg 105% Calcium485.9* mg 182% Vit A 9090* IU1168% Vit C 57.1* mg 381% Prot 26.6*g 19.5%Cal Carb 82.9g 60.9%Cal T.Fat 13.5g 22.3%Cal S.Fat 3.9*g 6.4%Cal
Mon - 5/14/2012 BBQ Glazed Chicken Vegetarian Baked Beans Sliced Apple Crisp Whole Wheat Dinner Roll	Tue - 5/15/2012 Whole Grain Chicken Nuggets Tater Tots w/ Ketchup Tasty Bite - Broccoli & Califlower Salad Canned Pineapple Tidbits in Juice	Wed - 5/16/2012 Beef & Cheese Lasagna Mixed Vegetables Mediterranean Salad Yum-O Ranch Sauce Juicy Orange Wedges Cornbread Puffin	Thu - 5/17/2012 New Orleans Mandarin Chicken Brown Oven Fried Rice w/ Vegetables Broccoli & Raisin Salad Cool Mixed Berries	Fri - 5/18/2012 Tender Turkey & Gravy over Mashed Potatoes Orange Yam Bites Crispy Cucumber & Carrot Coins Fresh Sliced Apple	Avg Nutrients Target Cals... 545 100% Chol... 62* mg 62% Sodium. 964 mg 78% Fiber.. 7.2* g 120% Iron... 4.1* mg 124% Calcium433.6* mg 162% Vit A 5773* IU 742% Vit C 55.4* mg 369% Prot 28.8*g 21.1%Cal Carb 78.4g 57.6%Cal T.Fat 13.2g 21.9%Cal S.Fat 4.4*g 7.3%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.

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Mon - 5/28/2012 Memorial Day Observance	Tue - 5/29/2012 Breaded Chicken Fillet on WG Bun Mixed Vegetables Orange Wedges	Wed - 5/30/2012 WG Pep. Pizza Round Broccoli & Raisin Salad Fresh Sliced Apple	Thu - 5/31/2012 Crustless PBJ Sandwich (contains peanuts, soy) Mediterranean Salad Honey Graham Crackers		<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;">556 102%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">29* mg 29%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1019 mg 83%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">7.9* g 131%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">3.5* mg 106%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">445.1* mg 167%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">2960* IU 380%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">31.2* mg 208%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">24.9*g 17.9%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">79.4g 57.1%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">17.0g 27.5%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.4*g 7.1%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	556 102%	Chol...	29* mg 29%	Sodium.	1019 mg 83%	Fiber..	7.9* g 131%	Iron...	3.5* mg 106%	Calcium	445.1* mg 167%	Vit A	2960* IU 380%	Vit C	31.2* mg 208%	Prot	24.9*g 17.9%Cal	Carb	79.4g 57.1%Cal	T.Fat	17.0g 27.5%Cal	S.Fat	4.4*g 7.1%Cal
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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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