

Kern High School District

CDE & USDA are equal opportunity providers and employers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
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	Avg Nutrients Target Cals... *N/A* Chol... *N/A* mg Sodium... *N/A* mg Fiber... *N/A* g Iron... *N/A* mg Calcium *N/A* mg Vit A *N/A* IU Vit C *N/A* mg Prot *N/A*g *N/A%Cal Carb *N/A*g *N/A%Cal T.Fat *N/A*g *N/A%Cal S.Fat *N/A*g *N/A%Cal
Mon - 4/9/2012 TODAY'S DAILY SPECIAL Orange Asian Chicken Smoked BBQ Chicken Teriyaki Steamed Brown Rice PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito VEGETARIAN OPTION Crustless PBJ Sandwich (contains peanuts, soy) BOXED ENTREE SALAD SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Baby Carrots Canned Peaches in Lite Syrup 100% Fruit Juice	Tue - 4/10/2012 TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY BOXED ENTREE SALAD SELECT 1-4 SIDES Raw Vegetable Medley Crunchy Baby Carrots Fresh Banana 100% Fruit Juice	Wed - 4/11/2012 TODAY'S DAILY SPECIAL Tender Turkey & Gravy Over Mashed Potatoes Creamy Mashed Potatoes PIZZA SLICE OF THE DAY BOXED ENTREE SALAD VEGETARIAN OPTION Meatless Veggie Burger Sandwich SELECT 1-4 SIDES Baked Sweet Potato Steamed Green Beans Canned Fruit Cocktail 100% Fruit Juice	Thu - 4/12/2012 TODAY'S DAILY SPECIAL Beef & Cheese Lasagna Vegetable Lasagna PIZZA SLICE OF THE DAY BOXED ENTREE SALAD Spicy or Plain Chicken Fillet Salad SELECT 1-4 SIDES Mediterranean Salad Celery Sticks Lite Canned Apricots 100% Fruit Juice	Fri - 4/13/2012 TODAY'S DAILY SPECIAL BBQ Glazed Chicken PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Sweet Potato Fries Cowboy Caviar (cold bean salad) Strawberry Topping 100% Fruit Juice	Avg Nutrients Target Cals... 851 101% Chol... 44* mg 37% Sodium... 1555 mg 109% Fiber... 12.2* g 152% Iron... 5.9* mg 132% Calcium698.7* mg 175% Vit A 13462* IU 897% Vit C 81.7* mg 426% Prot 34.5*g 16.2%Cal Carb 136.2g 64.1%Cal T.Fat 19.3g 20.4%Cal S.Fat 6.1*g 6.5%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

Kern Valley Daily Special Lunch Menu - 2012

Mar 15, 2012

CDE & USDA are equal opportunity providers and employers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																																				
Mon - 4/16/2012	Tue - 4/17/2012	Wed - 4/18/2012	Thu - 4/19/2012	Fri - 4/20/2012	Avg Nutrients Target																																				
TODAY'S DAILY SPECIAL Pork Carnitas Enchilada* Vegetarian Enchilada PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito BOXED ENTREE SALAD SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Baby Carrots Trail Mix w/ Walnuts 100% Fruit Juice	TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY BOXED ENTREE SALAD SELECT 1-4 SIDES Sweet Corn Kernels Crunchy Baby Carrots Dried Apricot & More Mix 100% Fruit Juice	TODAY'S DAILY SPECIAL Tender Turkey & Gravy Over Mashed Potatoes Creamy Mashed Potatoes PIZZA SLICE OF THE DAY BOXED ENTREE SALAD VEGETARIAN OPTION Meatless Veggie Burger Sandwich SELECT 1-4 SIDES Baked Sweet Potato Steamed Green Beans Fresh Kiwi Halves 100% Fruit Juice	TODAY'S DAILY SPECIAL Italian Marinara Meat Sauce Pasta Bowl w/ Meatless Marinara Sauce PIZZA SLICE OF THE DAY BOXED ENTREE SALAD SELECT 1-4 SIDES Mediterranean Salad Raw Vegetable Medley Cool Tart Cherries 100% Fruit Juice	TODAY'S DAILY SPECIAL Soft Taco Kick'n Refried Pinto Bean Soft Taco PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito BOXED ENTREE SALAD SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Celery Sticks Canned Fruit Cocktail 100% Fruit Juice	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Cals...</td> <td style="width: 20%;">846</td> <td style="width: 20%;">100%</td> </tr> <tr> <td>Chol...</td> <td>42* mg</td> <td>35%</td> </tr> <tr> <td>Sodium..</td> <td>1475 mg</td> <td>104%</td> </tr> <tr> <td>Fiber..</td> <td>12.4* g</td> <td>155%</td> </tr> <tr> <td>Iron...</td> <td>5.9* mg</td> <td>132%</td> </tr> <tr> <td>Calcium</td> <td>713.8* mg</td> <td>178%</td> </tr> <tr> <td>Vit A</td> <td>12234* IU</td> <td>816%</td> </tr> <tr> <td>Vit C</td> <td>80.8* mg</td> <td>421%</td> </tr> <tr> <td>Prot</td> <td>35.4*g</td> <td>16.7%Cal</td> </tr> <tr> <td>Carb</td> <td>133.6g</td> <td>63.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td>19.2g</td> <td>20.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.9*g</td> <td>7.3%Cal</td> </tr> </table>	Cals...	846	100%	Chol...	42* mg	35%	Sodium..	1475 mg	104%	Fiber..	12.4* g	155%	Iron...	5.9* mg	132%	Calcium	713.8* mg	178%	Vit A	12234* IU	816%	Vit C	80.8* mg	421%	Prot	35.4*g	16.7%Cal	Carb	133.6g	63.2%Cal	T.Fat	19.2g	20.4%Cal	S.Fat	6.9*g	7.3%Cal
Cals...	846	100%																																							
Chol...	42* mg	35%																																							
Sodium..	1475 mg	104%																																							
Fiber..	12.4* g	155%																																							
Iron...	5.9* mg	132%																																							
Calcium	713.8* mg	178%																																							
Vit A	12234* IU	816%																																							
Vit C	80.8* mg	421%																																							
Prot	35.4*g	16.7%Cal																																							
Carb	133.6g	63.2%Cal																																							
T.Fat	19.2g	20.4%Cal																																							
S.Fat	6.9*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.

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

Kern Valley Daily Special Lunch Menu - 2012

Mar 15, 2012

CDE & USDA are equal opportunity providers and employers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
Mon - 4/23/2012 TODAY'S DAILY SPECIAL Orange Asian Chicken Smoked BBQ Chicken Teriyaki Steamed Brown Rice PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito VEGETARIAN OPTION Crustless PBJ Sandwich (contains peanuts, soy) BOXED ENTREE SALAD SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Baby Carrots Canned Peaches in Lite Syrup 100% Fruit Juice	Tue - 4/24/2012 TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY BOXED ENTREE SALAD SELECT 1-4 SIDES Raw Vegetable Medley Crunchy Baby Carrots Fresh Banana 100% Fruit Juice	Wed - 4/25/2012 TODAY'S DAILY SPECIAL Tender Turkey & Gravy Over Mashed Potatoes Creamy Mashed Potatoes PIZZA SLICE OF THE DAY BOXED ENTREE SALAD SELECT 1-4 SIDES Baked Sweet Potato Steamed Green Beans Canned Fruit Cocktail 100% Fruit Juice	Thu - 4/26/2012 TODAY'S DAILY SPECIAL Beef & Cheese Lasagna Vegetable Lasagna PIZZA SLICE OF THE DAY BOXED ENTREE SALAD Spicy or Plain Chicken Fillet Salad SELECT 1-4 SIDES Mediterranean Salad Celery Sticks Lite Canned Apricots 100% Fruit Juice	Fri - 4/27/2012 TODAY'S DAILY SPECIAL BBQ Glazed Chicken PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Sweet Potato Fries Cowboy Caviar (cold bean salad) Strawberry Topping 100% Fruit Juice	<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;">849 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">44* mg 37%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1543 mg 109%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">12.0* g 149%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.9* mg 131%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">694.0* mg 173%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">13314* IU 888%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">81.4* mg 424%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.5*g 16.2%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">136.3g 64.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">19.2g 20.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">6.0*g 6.4%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	849 100%	Chol...	44* mg 37%	Sodium.	1543 mg 109%	Fiber..	12.0* g 149%	Iron...	5.9* mg 131%	Calcium	694.0* mg 173%	Vit A	13314* IU 888%	Vit C	81.4* mg 424%	Prot	34.5*g 16.2%Cal	Carb	136.3g 64.2%Cal	T.Fat	19.2g 20.4%Cal	S.Fat	6.0*g 6.4%Cal
Avg Nutrients	Target																														
Cals...	849 100%																														
Chol...	44* mg 37%																														
Sodium.	1543 mg 109%																														
Fiber..	12.0* g 149%																														
Iron...	5.9* mg 131%																														
Calcium	694.0* mg 173%																														
Vit A	13314* IU 888%																														
Vit C	81.4* mg 424%																														
Prot	34.5*g 16.2%Cal																														
Carb	136.3g 64.2%Cal																														
T.Fat	19.2g 20.4%Cal																														
S.Fat	6.0*g 6.4%Cal																														
Mon - 4/30/2012 TODAY'S DAILY SPECIAL Pork Carnitas Enchilada* Vegetarian Enchilada PIZZA SLICE OF THE DAY Super Bean & Cheese Burrito BOXED ENTREE SALAD SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Baby Carrots Trail Mix w/ Walnuts 100% Fruit Juice					<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;">886 105%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">35* mg 29%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">986 mg 69%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">12.4* g 155%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.8* mg 107%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">660.3* mg 165%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">9206* IU 614%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">73.3* mg 382%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">30.5*g 13.8%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">145.1g 65.5%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">20.0g 20.3%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.9*g 8.0%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	886 105%	Chol...	35* mg 29%	Sodium.	986 mg 69%	Fiber..	12.4* g 155%	Iron...	4.8* mg 107%	Calcium	660.3* mg 165%	Vit A	9206* IU 614%	Vit C	73.3* mg 382%	Prot	30.5*g 13.8%Cal	Carb	145.1g 65.5%Cal	T.Fat	20.0g 20.3%Cal	S.Fat	7.9*g 8.0%Cal
Avg Nutrients	Target																														
Cals...	886 105%																														
Chol...	35* mg 29%																														
Sodium.	986 mg 69%																														
Fiber..	12.4* g 155%																														
Iron...	4.8* mg 107%																														
Calcium	660.3* mg 165%																														
Vit A	9206* IU 614%																														
Vit C	73.3* mg 382%																														
Prot	30.5*g 13.8%Cal																														
Carb	145.1g 65.5%Cal																														
T.Fat	20.0g 20.3%Cal																														
S.Fat	7.9*g 8.0%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

Kern Valley Daily Special Lunch Menu - 2012

Mar 15, 2012

CDE & USDA are equal opportunity providers and employers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
--------	---------	-----------	----------	--------	-----------

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>

**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.