

Kern High School District
 2012 Daily Special Lunch Menu - Menu I
 CDE & USDA are equal opportunity employers & providers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Tue - 5/1/2012	Wed - 5/2/2012	Thu - 5/3/2012	Fri - 5/4/2012	
	TODAY'S DAILY SPECIAL Italian Style Meat Sauce Baked Casserole Italian Style Marinara Casserole (meatless) PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Mediterranean Salad Crunchy Baby Carrots Cool Pears in Lite Syrup Fresh Sliced Apple	TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Crunchy Baby Carrots Lite Canned Apricots Orange Juice	TODAY'S DAILY SPECIAL "Your Way" Grilled Chicken Burrito Customized Burrito Toppings "Your Way" SW Bean Burrito PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Sweet Corn Kernels Celery Sticks Dried Apricot & More Mix Juicy Orange Wedges	TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes Whole Wheat Dinner Roll PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH Cheeseburger VEGETARIAN OPTION Hummus, Crisp Veggies & Pita Bread BOXED ENTREE SALAD SELECT 1-4 SIDES Baked Sweet Potato Fresh Green Beans w/ Lemon Butter Cool Pears in Lite Syrup	Avg Nutrients Target Cals... 861 102% Chol... 53* mg 53% Sodium. 2210 mg 156% Fiber.. 13.9* g 232% Iron... 6.9* mg 154% Calcium755.9* mg 189% Vit A 13761* IU 917% Vit C 88.6* mg 461% Prot 35.7*g 16.6%Cal Carb 133.2g 61.9%Cal T.Fat 21.8g 22.8%Cal S.Fat 6.9*g 7.2%Cal

N/A - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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Mon - 5/7/2012	Tue - 5/8/2012	Wed - 5/9/2012	Thu - 5/10/2012	Fri - 5/11/2012	Avg Nutrients Target
TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	Cals... 866 102%
Kung Pao Chicken	BBQ Glazed Chicken	Beef & Bean Taco Salad	Beef & Cheese Lasagna	Tender Turkey & Gravy	Chol... 51* mg 51%
New Orleans Mandarin Chicken	PIZZA SLICE OF THE DAY	Meatless Taco Salad	Cheese Lasagna	over Mashed Potatoes	Sodium. 2332 mg 164%
Steamed Brown Rice	Big Daddy Pep. Pizza**	(w/ Pinto Beans)	PIZZA SLICE OF THE DAY	Whole Wheat Dinner Roll	Fiber.. 14.3* g 238%
PIZZA SLICE OF THE DAY	Cheese & Veggie	PIZZA SLICE OF THE DAY	Big Daddy Pep. Pizza**	PIZZA SLICE OF THE DAY	Iron... 6.9* mg 153%
Big Daddy Pep. Pizza**	Pizza Slice	Big Daddy Pep. Pizza**	Cheese & Veggie	Big Daddy Pep. Pizza**	Calcium725.7* mg 181%
Cheese & Veggie	DAILY HOT SANDWICH	Cheese & Veggie	Pizza Slice	Cheese & Veggie	Vit A 11988* IU 799%
Pizza Slice	VEGETARIAN OPTION	Pizza Slice	DAILY HOT SANDWICH	Pizza Slice	Vit C 119.7* mg 623%
DAILY HOT SANDWICH	Meatless Veggie Burger	DAILY HOT SANDWICH	VEGETARIAN OPTION	DAILY HOT SANDWICH	Prot 36.6*g 16.9%Cal
VEGETARIAN OPTION	Sandwich	BOXED ENTREE SALAD	Meatless Veggie Burger	VEGETARIAN OPTION	Carb 126.8g 58.6%Cal
Crustless PBJ Sandwich	BOXED ENTREE SALAD	SELECT 1-4 SIDES	Sandwich	Hummus, Crisp	T.Fat 25.0g 26.0%Cal
(contains peanuts, soy)	SELECT 1-4 SIDES	Sweet Corn Kernels	BOXED ENTREE SALAD	Veggies & Pita Bread	S.Fat 6.9*g 7.1%Cal
BOXED ENTREE SALAD	Sweet Potato Fries	Raw Vegetable Medley	SELECT 1-4 SIDES	BOXED ENTREE SALAD	
SELECT 1-4 SIDES	Tossed Green Salad	Fresh Sliced Apple	Mediterranean Salad	SELECT 1-4 SIDES	
Steamed Broccoli	w/ Vegetables	Orange Juice	Mixed Vegetables	Steamed Green Beans	
Florettes	Cinnamon Applesauce		Sliced Strawberries	Baked Sweet Potato	
Celery Sticks	Juicy Orange Wedges		Fresh Kiwi Halves	Cool Pears in Lite Syrup	
Cool Tart Cherries				Fresh Kiwi Halves	
Peanut Butter Dip					
Fresh Sliced Apple					

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Mon - 5/14/2012	Tue - 5/15/2012	Wed - 5/16/2012	Thu - 5/17/2012	Fri - 5/18/2012	Avg Nutrients Target
TODAY'S DAILY SPECIAL New Orleans Mandarin Chicken Asian Tangerine Chicken Steamed Brown Rice PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH Cheeseburger VEGETARIAN OPTION Crustless PBJ Sandwich (contains peanuts, soy) BOXED ENTREE SALAD SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Carrot & Celery Sticks Cool Tart Cherries Orange Juice	TODAY'S DAILY SPECIAL Italian Style Meat Sauce Baked Casserole Italian Style Marinara Casserole (meatless) PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Mediterranean Salad Crunchy Baby Carrots Fresh Kiwi Halves 100% Fruit Juice	TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Roasted Red Potatoes Cowboy Caviar (cold bean salad) Lite Canned Apricots Orange Juice	TODAY'S DAILY SPECIAL "Your Way" Grilled Chicken Burrito "Your Way" SW Bean Burrito PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Customized Burrito Toppings Crunchy Baby Carrots Cinnamon Applesauce Cool Mixed Berries	TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes Whole Wheat Dinner Roll PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH VEGETARIAN OPTION Hummus, Crisp Veggies & Pita Bread BOXED ENTREE SALAD SELECT 1-4 SIDES Baked Sweet Potato Fresh Green Beans w/ Lemon Butter Cool Diced Pears	Cals... 870 103% Chol... 56* mg 56% Sodium. 2218 mg 156% Fiber... 12.7* g 212% Iron... 6.9* mg 152% Calcium747.5* mg 187% Vit A 13609* IU 907% Vit C 122.7* mg 639% Prot 35.9*g 16.5%Cal Carb 133.0g 61.2%Cal T.Fat 22.5g 23.3%Cal S.Fat 7.0*g 7.3%Cal

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Mon - 5/21/2012	Tue - 5/22/2012	Wed - 5/23/2012	Thu - 5/24/2012	Fri - 5/25/2012	Avg Nutrients Target
TODAY'S DAILY SPECIAL Italian Marinara Meat Sauce Pasta Bowl w/ Meatless Marinara Sauce PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie DAILY HOT SANDWICH VEGETARIAN OPTION Pizza Slice Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Crustless PBJ Sandwich (contains peanuts, soy) BOXED ENTREE SALAD SELECT 1-4 SIDES Mediterranean Salad Mixed Vegetables Cool Tart Cherries Orange Juice	TODAY'S DAILY SPECIAL Pork Carnitas Enchilada* PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie DAILY HOT SANDWICH VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Kick'n Refried Beans Spanish Rice Fresh Sliced Apple Dried Apricot & More Mix	TODAY'S DAILY SPECIAL Beef & Bean Taco Salad Meatless Taco Salad (w/ Pinto Beans) PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH BOXED ENTREE SALAD SELECT 1-4 SIDES Celery Sticks Cowboy Caviar (cold bean salad) Lite Canned Apricots Orange Juice	TODAY'S DAILY SPECIAL Beef & Cheese Lasagna Cheese Lasagna PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Mediterranean Salad Crunchy Baby Carrots Sliced Strawberries Juicy Orange Wedges	TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes Whole Wheat Dinner Roll PIZZA SLICE OF THE DAY Big Daddy Pep. Pizza** Cheese & Veggie Pizza Slice DAILY HOT SANDWICH VEGETARIAN OPTION Hummus, Crisp Veggies & Pita Bread BOXED ENTREE SALAD SELECT 1-4 SIDES Baked Sweet Potato Fresh Green Beans w/ Lemon Butter Cool Pears in Lite Syrup Orange Juice	Cals... 877 104% Chol... 52* mg 52% Sodium. 2412 mg 170% Fiber.. 14.8* g 246% Iron... 7.5* mg 166% Calcium764.6* mg 191% Vit A 12740* IU 849% Vit C 108.2* mg 564% Prot 38.2*g 17.4%Cal Carb 132.7g 60.6%Cal T.Fat 22.1g 22.7%Cal S.Fat 7.0*g 7.1%Cal

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Mon - 5/28/2012	Tue - 5/29/2012	Wed - 5/30/2012	Thu - 5/31/2012		Avg Nutrients Target
Memorial Day Observance	CHOICE OF ENTREE Crustless Peanut Butter & Jelly Sandwich Breaded Chicken Fillet on WG Bun Spicy Chicken Sandwich Super Bean & Cheese Burrito Tower Pep. & Cheese French Bread Pizza** SELECT 4 SIDES Lettuce, Tomato, Pickle Crispy Celery Sticks w/ Peanut Butter Fresh Banana Orange Juice	CHOICE OF ENTREE Breaded Chicken Fillet on WG Bun Spicy Chicken Sandwich Super Bean & Cheese Burrito Tower Pep. & Cheese French Bread Pizza** SELECT 4 SIDES Lettuce, Tomato, Pickle Crunchy Baby Carrots 100% Fruit Juice Chewy Chocolate Brownie	CHOICE OF ENTREE Peanut Butter & Jelly Graham Cracker Bar Super Bean & Cheese Burrito Tower Pep. & Cheese French Bread Pizza** SELECT 4 SIDES Lettuce, Tomato, Pickle Crunchy Baby Carrots Dried Apricot & More Mix Trail Mix w/ Walnuts		Cals... 845 100% Chol... 36* mg 36% Sodium. 1641 mg 116% Fiber.. 9.4* g 157% Iron... 5.4* mg 120% Calcium675.8* mg 169% Vit A 5467* IU 364% Vit C 54.7* mg 285% Prot 31.6*g 15.0%Cal Carb 124.5g 59.0%Cal T.Fat 23.5g 25.1%Cal S.Fat 7.1*g 7.6%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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