

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

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 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 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 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 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... 851 101% Chol... 50* mg 50% Sodium. 2147 mg 151% Fiber.. 14.1* g 177% Iron... 7.0* mg 157% Calcium737.7* mg 184% Vit A 13898* IU 927% Vit C 90.3* mg 470% Prot 34.8*g 16.3%Cal Carb 134.1g 63.0%Cal T.Fat 20.7g 21.9%Cal S.Fat 6.0*g 6.4%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... 856 101%
Kung Pao Chicken	BBQ Glazed Chicken	Beef & Bean Taco Salad	Beef & Cheese Lasagna	Tender Turkey & Gravy	Chol... 48* mg 48%
New Orleans Mandarin Chicken	PIZZA SLICE OF THE DAY	Meatless Taco Salad	Cheese Lasagna	over Mashed Potatoes	Sodium. 2272 mg 160%
Steamed Brown Rice	DAILY HOT SANDWICH	(w/ Pinto Beans)	PIZZA SLICE OF THE DAY	Whole Wheat Dinner Roll	Fiber.. 14.5* g 181%
PIZZA SLICE OF THE DAY	VEGETARIAN OPTION	PIZZA SLICE OF THE DAY	DAILY HOT SANDWICH	PIZZA SLICE OF THE DAY	Iron... 7.0* mg 155%
DAILY HOT SANDWICH	Meatless Veggie Burger	DAILY HOT SANDWICH	VEGETARIAN OPTION	DAILY HOT SANDWICH	Calcium708.2* mg 177%
VEGETARIAN OPTION	Sandwich	BOXED ENTREE SALAD	Meatless Veggie Burger	VEGETARIAN OPTION	Vit A 12119* IU 808%
Crustless PBJ Sandwich	BOXED ENTREE SALAD	SELECT 1-4 SIDES	Sandwich	Hummus, Crisp	Vit C 121.3* mg 632%
(contains peanuts, soy)	SELECT 1-4 SIDES	Sweet Corn Kernels	BOXED ENTREE SALAD	Veggies & Pita Bread	Prot 35.7*g 16.7%Cal
BOXED ENTREE SALAD	Sweet Potato Fries	Raw Vegetable Medley	SELECT 1-4 SIDES	BOXED ENTREE SALAD	Carb 127.6g 59.7%Cal
SELECT 1-4 SIDES	Tossed Green Salad	Fresh Sliced Apple	Mediterranean Salad	SELECT 1-4 SIDES	T.Fat 24.0g 25.3%Cal
Steamed Broccoli	w/ Vegetables	Orange Juice	Mixed Vegetables	Steamed Green Beans	S.Fat 6.1*g 6.4%Cal
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 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 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 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 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 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... 860 102% Chol... 53* mg 53% Sodium. 2156 mg 152% Fiber.. 12.9* g 162% Iron... 7.0* mg 155% Calcium729.6* mg 182% Vit A 13744* IU 916% Vit C 124.4* mg 648% Prot 35.0*g 16.3%Cal Carb 133.8g 62.3%Cal T.Fat 21.5g 22.5%Cal S.Fat 6.2*g 6.5%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	TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	TODAY'S DAILY SPECIAL	Cals... 867 102%
Italian Marinara Meat Sauce	Pork Carnitas Enchilada*	Beef & Bean Taco Salad	Beef & Cheese Lasagna	Tender Turkey & Gravy over Mashed Potatoes	Chol... 49* mg 49%
Pasta Bowl w/ Meatless Marinara Sauce	PIZZA SLICE OF THE DAY	Meatless Taco Salad (w/ Pinto Beans)	Cheese Lasagna	Whole Wheat Dinner Roll	Sodium. 2351 mg 166%
PIZZA SLICE OF THE DAY	DAILY HOT SANDWICH	PIZZA SLICE OF THE DAY	PIZZA SLICE OF THE DAY	PIZZA SLICE OF THE DAY	Fiber.. 15.0* g 187%
DAILY HOT SANDWICH	VEGETARIAN OPTION	DAILY HOT SANDWICH	DAILY HOT SANDWICH	DAILY HOT SANDWICH	Iron... 7.6* mg 168%
Cheeseburger	Meatless Veggie Burger Sandwich	BOXED ENTREE SALAD	VEGETARIAN OPTION	DAILY HOT SANDWICH	Calcium747.1* mg 187%
VEGETARIAN OPTION	BOXED ENTREE SALAD	SELECT 1-4 SIDES	Meatless Veggie Burger Sandwich	VEGETARIAN OPTION	Vit A 12872* IU 858%
Crustless PBJ Sandwich (contains peanuts, soy)	SELECT 1-4 SIDES	Celery Sticks	BOXED ENTREE SALAD	Hummus, Crisp	Vit C 109.8* mg 572%
BOXED ENTREE SALAD	Kick'n Refried Beans	Cowboy Caviar (cold bean salad)	SELECT 1-4 SIDES	Veggies & Pita Bread	Prot 37.3*g 17.2%Cal
SELECT 1-4 SIDES	Spanish Rice	Lite Canned Apricots	Mediterranean Salad	BOXED ENTREE SALAD	Carb 133.5g 61.6%Cal
Mediterranean Salad	Fresh Sliced Apple	Orange Juice	Crunchy Baby Carrots	SELECT 1-4 SIDES	T.Fat 21.1g 21.9%Cal
Mixed Vegetables	Dried Apricot & More Mix		Sliced Strawberries	Baked Sweet Potato	S.Fat 6.2*g 6.4%Cal
Cool Tart Cherries			Juicy Orange Wedges	Fresh Green Beans w/ Lemon Butter	
Orange Juice				Cool Pears in Lite Syrup	
				Orange Juice	

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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 118% 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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