

Kern High School District

USDA & CDE 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	Avg Nutrients Target																																				
	TODAY'S DAILY SPECIAL Beef & Cheese Rolled Taco PIZZA SLICE OF THE DAY DAILY HOT SANDWICH VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD Chicken Salad SELECT 1-4 SIDES Mediterranean Salad Crunchy Baby Carrots Cool Pears in Lite Syrup Honey Graham Crackers	TODAY'S DAILY SPECIAL Pork Carnitas Enchilada* PIZZA SLICE OF THE DAY DAILY HOT SANDWICH BOXED ENTREE SALAD Chicken Salad SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Crunchy Baby Carrots Lite Canned Apricots Trail Mix w/ Walnuts	TODAY'S DAILY SPECIAL Honey BBQ Beef Rib Twin Sandwiches PIZZA SLICE OF THE DAY DAILY HOT SANDWICH BOXED ENTREE SALAD Chicken Salad SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Celery Sticks Honey Graham Crackers 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 VEGETARIAN OPTION Hummus, Crisp Veggies & Pita Bread BOXED ENTREE SALAD Chicken Salad SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Cool Pears in Lite Syrup California Raisins	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 60%;">Cals...</td> <td style="width: 20%;">844</td> <td style="width: 20%;">100%</td> </tr> <tr> <td>Chol...</td> <td>43* mg</td> <td>17%</td> </tr> <tr> <td>Sodium...</td> <td>2186 mg</td> <td>154%</td> </tr> <tr> <td>Fiber...</td> <td>13.4* g</td> <td>167%</td> </tr> <tr> <td>Iron...</td> <td>7.4* mg</td> <td>165%</td> </tr> <tr> <td>Calcium</td> <td>679.5* mg</td> <td>170%</td> </tr> <tr> <td>Vit A</td> <td>9664* IU</td> <td>644%</td> </tr> <tr> <td>Vit C</td> <td>47.8* mg</td> <td>249%</td> </tr> <tr> <td>Prot</td> <td>35.3*g</td> <td>16.7%Cal</td> </tr> <tr> <td>Carb</td> <td>131.6g</td> <td>62.3%Cal</td> </tr> <tr> <td>T.Fat</td> <td>20.8g</td> <td>22.2%Cal</td> </tr> <tr> <td>S.Fat</td> <td>6.0*g</td> <td>6.4%Cal</td> </tr> </table>	Cals...	844	100%	Chol...	43* mg	17%	Sodium...	2186 mg	154%	Fiber...	13.4* g	167%	Iron...	7.4* mg	165%	Calcium	679.5* mg	170%	Vit A	9664* IU	644%	Vit C	47.8* mg	249%	Prot	35.3*g	16.7%Cal	Carb	131.6g	62.3%Cal	T.Fat	20.8g	22.2%Cal	S.Fat	6.0*g	6.4%Cal
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Mon - 5/28/2012 Memorial Day Observance	Tue - 5/29/2012 CHOICE OF ENTREE Crustless Peanut Butter & Jelly Sandwich Breaded Chicken Fillet on WG Bun Spicy Chicken Sandwich Super Bean & Cheese Burrito SELECT 4 SIDES Celery Sticks Peanut Butter Dip Fresh Banana Orange Juice	Wed - 5/30/2012 CHOICE OF ENTREE PB & J Sandwich Breaded Chicken Fillet on WG Bun Spicy Chicken Sandwich Super Bean & Cheese Burrito SELECT 4 SIDES Crunchy Baby Carrots 100% Fruit Juice Chewy Chocolate Brownie	Thu - 5/31/2012 CHOICE OF ENTREE Peanut Butter & Jelly Graham Cracker Bar Super Bean & Cheese Burrito SELECT 4 SIDES Crunchy Baby Carrots Honey Graham Crackers Trail Mix w/ Walnuts	<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;">890 105%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">36* mg 14%</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1878 mg 132%</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">10.5* g 132%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">6.1* mg 137%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">687.5* mg 172%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">5695* IU 380%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">58.6* mg 305%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">33.5*g 15.1%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">126.8g 57.0%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">27.2g 27.5%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...	890 105%	Chol...	36* mg 14%	Sodium...	1878 mg 132%	Fiber...	10.5* g 132%	Iron...	6.1* mg 137%	Calcium	687.5* mg 172%	Vit A	5695* IU 380%	Vit C	58.6* mg 305%	Prot	33.5*g 15.1%Cal	Carb	126.8g 57.0%Cal	T.Fat	27.2g 27.5%Cal	S.Fat	7.9*g 8.0%Cal	
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Kern High School District

2012 Snack Bar - "Real Meal Deal" - Lunch Menu

Apr 25, 2012

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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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