

Kern High School District

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Tue - 5/1/2012 CUSTOM SANDWICH SELECT 1-4 SIDES Raw Vegetable Medley Crunchy Baby Carrots Honey Graham Crackers 100% Fruit Juice	Wed - 5/2/2012 CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Cool Pears in Lite Syrup 100% Fruit Juice	Thu - 5/3/2012 CUSTOM SANDWICH SELECT 1-4 SIDES Mediterranean Salad Celery Sticks Mixed Fruit, Lite Syrup 100% Fruit Juice	Fri - 5/4/2012 CUSTOM WRAP SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Fresh Sliced Apple 100% Fruit Juice	Avg Nutrients Target Cals... 895 106% Chol... 65 mg 65% Sodium. 2883 mg 203% Fiber.. 12.0 g 149% Iron... 7.9 mg 176% Calcium 930.7 mg 233% Vit A 7256 IU 484% Vit C 69.1 mg 360% Prot 39.0g 17.4%Cal Carb 122.2g 54.6%Cal T.Fat 29.0g 29.1%Cal S.Fat 9.0g 9.1%Cal
Mon - 5/7/2012 CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Peaches in Lite Syrup 100% Fruit Juice	Tue - 5/8/2012 CUSTOM SANDWICH SELECT 1-4 SIDES Crunchy Baby Carrots California Raisins 100% Fruit Juice	Wed - 5/9/2012 CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Fresh Sliced Apple 100% Fruit Juice	Thu - 5/10/2012 CUSTOM SANDWICH SELECT 1-4 SIDES Celery Sticks Honey Graham Crackers 100% Fruit Juice	Fri - 5/11/2012 CUSTOM WRAP SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Sliced Strawberries 100% Fruit Juice	Avg Nutrients Target Cals... 866 102% Chol... 66 mg 66% Sodium. 2726 mg 192% Fiber.. 11.4 g 142% Iron... 7.7 mg 171% Calcium 906.4 mg 227% Vit A 7330 IU 489% Vit C 71.6 mg 373% Prot 38.5g 17.8%Cal Carb 117.6g 54.3%Cal T.Fat 28.0g 29.1%Cal S.Fat 8.7g 9.1%Cal
Mon - 5/14/2012 CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Honey Graham Crackers 100% Fruit Juice	Tue - 5/15/2012 CUSTOM SANDWICH SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Fresh Kiwi Halves Dried Apricot & More Mix	Wed - 5/16/2012 CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Fresh Sliced Apple 100% Fruit Juice	Thu - 5/17/2012 CUSTOM SANDWICH SELECT 1-4 SIDES Mediterranean Salad Lite Canned Apricots 100% Fruit Juice	Fri - 5/18/2012 CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Juicy Orange Wedges 100% Fruit Juice	Avg Nutrients Target Cals... 886 105% Chol... 67 mg 67% Sodium. 2920 mg 206% Fiber.. 12.5 g 156% Iron... 8.0 mg 177% Calcium 932.7 mg 233% Vit A 9022 IU 601% Vit C 86.2 mg 449% Prot 39.6g 17.9%Cal Carb 119.8g 54.1%Cal T.Fat 28.8g 29.3%Cal S.Fat 8.9g 9.0%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.

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Mon - 5/28/2012 Memorial Day Observance	Tue - 5/29/2012 CHOICE OF ENTREE Crustless Peanut Butter & Jelly Sandwich Ham & Cheese on WG Roll Smoked Turkey & Cheese on Fr. Roll SELECT 4 SIDES Celery Sticks Peanut Butter Dip Fresh Banana Orange Juice	Wed - 5/30/2012 CHOICE OF ENTREE PB & J Sandwich Ham & Cheese on WG Roll Smoked Turkey & Cheese on Fr. Roll 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 Ham & Cheese on WG Roll Smoked Turkey & Cheese on Fr. Roll SELECT 4 SIDES Crunchy Baby Carrots Dried Apricot & More Mix 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;">843 100%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">46 mg 46%</td> </tr> <tr> <td>Sodium...</td> <td style="text-align: right;">1990 mg 140%</td> </tr> <tr> <td>Fiber...</td> <td style="text-align: right;">9.4 g 117%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">5.4 mg 121%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">545.8 mg 136%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">5127 IU 342%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">54.4 mg 283%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">34.9g 16.5%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">117.2g 55.6%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">25.7g 27.4%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">7.9g 8.4%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	843 100%	Chol...	46 mg 46%	Sodium...	1990 mg 140%	Fiber...	9.4 g 117%	Iron...	5.4 mg 121%	Calcium	545.8 mg 136%	Vit A	5127 IU 342%	Vit C	54.4 mg 283%	Prot	34.9g 16.5%Cal	Carb	117.2g 55.6%Cal	T.Fat	25.7g 27.4%Cal	S.Fat	7.9g 8.4%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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