

# Kern High School District

2012 - Custom Wrap/Sandwich Lunch Menu

Apr 24, 2012

CDE & USDA are equal opportunity employers & providers.

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Tue - 5/1/2012  CUSTOM SANDWICH SELECT 1-4 SIDES Mediterranean Salad Cool Pears in Lite Syrup Fresh Sliced Apple	Wed - 5/2/2012  CUSTOM WRAP SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Lite Canned Apricots Orange Juice	Thu - 5/3/2012  CUSTOM SANDWICH SELECT 1-4 SIDES Celery Sticks Dried Apricot & More Mix Juicy Orange Wedges	Fri - 5/4/2012  CUSTOM WRAP SELECT 1-4 SIDES Mediterranean Salad Orange Juice	Avg Nutrients Target Cals... 849 100% Chol... 61 mg 61% Sodium... 3026 mg 213% Fiber... 12.2 g 152% Iron... 7.6 mg 170% Calcium 918.2 mg 230% Vit A 3795 IU 253% Vit C 103.5 mg 539% Prot 37.9g 17.9%Cal Carb 118.1g 55.7%Cal T.Fat 26.9g 28.6%Cal S.Fat 7.8g 8.3%Cal
Mon - 5/7/2012  CUSTOM WRAP SELECT 1-4 SIDES Crunchy Baby Carrots Cool Tart Cherries Fresh Sliced Apple	Tue - 5/8/2012  CUSTOM SANDWICH SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Trail Mix w/ Walnuts Juicy Orange Wedges	Wed - 5/9/2012  CUSTOM WRAP SELECT 1-4 SIDES Raw Vegetable Medley Fresh Sliced Apple Orange Juice	Thu - 5/10/2012  CUSTOM SANDWICH SELECT 1-4 SIDES Mediterranean Salad Ruby Red Strawberries Fresh Kiwi Halves	Fri - 5/11/2012  CUSTOM WRAP SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Cool Pears in Lite Syrup Fresh Kiwi Halves	Avg Nutrients Target Cals... 848 100% Chol... 60 mg 60% Sodium... 2975 mg 210% Fiber... 12.8 g 160% Iron... 7.8 mg 174% Calcium 943.8 mg 236% Vit A 5593 IU 373% Vit C 101.6 mg 529% Prot 37.7g 17.8%Cal Carb 116.4g 54.9%Cal T.Fat 28.1g 29.8%Cal S.Fat 8.3g 8.8%Cal
Mon - 5/14/2012  CUSTOM WRAP SELECT 1-4 SIDES Crunchy Carrot & Celery Sticks Cool Tart Cherries Orange Juice	Tue - 5/15/2012  CUSTOM SANDWICH SELECT 1-4 SIDES Mediterranean Salad Fresh Kiwi Halves 100% Fruit Juice	Wed - 5/16/2012  CUSTOM WRAP SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Lite Canned Apricots Orange Juice	Thu - 5/17/2012  CUSTOM SANDWICH SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables California Raisins Cool Mixed Berries	Fri - 5/18/2012  CUSTOM WRAP SELECT 1-4 SIDES Mediterranean Salad Cool Diced Pears	Avg Nutrients Target Cals... 863 102% Chol... 60 mg 60% Sodium... 2950 mg 208% Fiber... 11.9 g 149% Iron... 7.9 mg 175% Calcium 936.0 mg 234% Vit A 6022 IU 401% Vit C 111.0 mg 578% Prot 37.8g 17.5%Cal Carb 121.7g 56.4%Cal T.Fat 27.2g 28.4%Cal S.Fat 7.8g 8.1%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.

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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 Lettuce, Tomato, Pickle 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 Lettuce, Tomato, Pickle 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 Lettuce, Tomato, Pickle 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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