

# Kern High School District

CDE & USDA are equal opportunity employers and providers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mon - 4/2/2012  Easter/Spring Recess	Tue - 4/3/2012  Easter/Spring Recess	Wed - 4/4/2012  Easter/Spring Recess	Thu - 4/5/2012  Easter/Spring Recess	Fri - 4/6/2012  Easter/Spring Recess	Avg Nutrients    Target Cals...        *N/A* Chol...        *N/A* mg Sodium...     *N/A* mg Fiber...       *N/A* g Iron...        *N/A* mg Calcium       *N/A* mg Vit A          *N/A* IU Vit C          *N/A* mg Prot        *N/A*g    *N/A*%Cal Carb        *N/A*g    *N/A*%Cal T.Fat       *N/A*g    *N/A*%Cal S.Fat       *N/A*g    *N/A*%Cal
Mon - 4/9/2012  TODAY'S DAILY SPECIAL BBQ Chicken Pizza Slice PIZZA SLICE OF THE DAY SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Baby Carrots Fresh Sliced Apple 100% Fruit Juice	Tue - 4/10/2012  TODAY'S DAILY SPECIAL Pizza w/ Fresh Tomatoes & Spinach PIZZA SLICE OF THE DAY SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Tasty Bite - Broccoli & Califlower Salad Trail Mix w/ Walnuts 100% Fruit Juice	Wed - 4/11/2012  TODAY'S DAILY SPECIAL Tropical Pizza Slice w/ Ham & Pineapple PIZZA SLICE OF THE DAY SELECT 1-4 SIDES Mediterranean Salad Celery Sticks Lite Canned Apricots 100% Fruit Juice	Thu - 4/12/2012  TODAY'S DAILY SPECIAL Chicken Enchilada Pizza PIZZA SLICE OF THE DAY SELECT 1-4 SIDES Ma Ma Mia Veggie & Pasta Salad CARROT STICKS Strawberry Topping 100% Fruit Juice	Fri - 4/13/2012  TODAY'S DAILY SPECIAL Mediterranean Pesto Pizza Slice PIZZA SLICE OF THE DAY SELECT 1-4 SIDES Spring Mix w/ Walnuts & Cranberries Crunchy Baby Carrots Juicy Orange Wedges 100% Fruit Juice	Avg Nutrients    Target Cals...        838        102% Chol...        43 mg     43% Sodium...     1550 mg 109% Fiber...       9.6 g     159% Iron...        6.2 mg    137% Calcium       803.2 mg 201% Vit A          10455 IU 697% Vit C          88.1 mg 489% Prot        35.8g    17.1%Cal Carb        131.4g 62.7%Cal T.Fat       19.8g    21.3%Cal S.Fat       7.4g     7.9%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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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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