

## Kern High School District

2012 Student Lunch - Quick Entree w Sides

Mar 14, 2012

CDE &amp; USDA are equal opportunity providers &amp; employers.

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 Mandarin Orange Chicken & Fried Vegetable Rice PIZZA SLICE OF THE DAY DAILY HOT SANDWICH VEGETARIAN OPTION Crustless PBJ Sandwich (contains peanuts, soy) BOXED ENTREE SALAD SELECT 1-4 SIDES Broccoli & Raisin Salad Crunchy Baby Carrots Fresh Sliced Apple 100% Fruit Juice	Tue - 4/10/2012  TODAY'S DAILY SPECIAL BBQ Pork Rib Sandwich** PIZZA SLICE OF THE DAY DAILY HOT SANDWICH VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Tossed Green Salad w/ Vegetables Cinnamon Applesauce 100% Fruit Juice	Wed - 4/11/2012  TODAY'S DAILY SPECIAL Cheeseburger Sliders PIZZA SLICE OF THE DAY DAILY HOT SANDWICH Smoked Deli Turkey & & Cheese on Fr. Roll VEGETARIAN OPTION Meatless Veggie Burger Sandwich BOXED ENTREE SALAD SELECT 1-4 SIDES Ma Ma Mia Veggie & Pasta Salad Celery Sticks Lite Canned Apricots 100% Fruit Juice	Thu - 4/12/2012  TODAY'S DAILY SPECIAL Beef & Cheese Rolled Taco PIZZA SLICE OF THE DAY DAILY HOT SANDWICH VEGETARIAN OPTION Crustless PBJ Sandwich (contains peanuts, soy) BOXED ENTREE SALAD SELECT 1-4 SIDES Cowboy Caviar (cold bean salad) Tossed Green Salad w/ Vegetables Whole Wheat Dinner Roll Strawberry Topping 100% Fruit Juice	Fri - 4/13/2012  TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes PIZZA SLICE OF THE DAY DAILY HOT SANDWICH VEGETARIAN OPTION Hummus, Crisp Veggies & Pita Bread BOXED ENTREE SALAD SELECT 1-4 SIDES Spring Mix w/ Walnuts & Cranberries Fresh Green Beans w/ Lemon Butter Canned Fruit Cocktail 100% Fruit Juice	Avg Nutrients Target Cals... 846 100% Chol... 45* mg 45% Sodium... 2087 mg 147% Fiber... 10.8* g 180% Iron... 6.6* mg 147% Calcium655.3* mg 164% Vit A 7603* IU 507% Vit C 79.4* mg 413% Prot 34.8*g 16.4%Cal Carb 130.0g 61.5%Cal T.Fat 20.6g 21.9%Cal S.Fat 5.3*g 5.7%Cal

\*N/A\* - denotes a nutrient that is either missing or incomplete for an individual ingredient.

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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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