

Kern High School District

2012 School Lunch Menu - Grades K-6

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients																										
	Tue - 5/1/2012 Beef & Cheese Rolled Taco Kick'n Refried Beans Celery Sticks Cool Pears in Lite Syrup	Wed - 5/2/2012 SW Veggie Quesadilla Sweet Corn Kernels Cowboy Caviar (cold bean salad) Lite Canned Apricots	Thu - 5/3/2012 Baked Cheeseburger Baked Tater Rounds Juicy Orange Wedges Honey Graham Crackers	Fri - 5/4/2012 Tender Turkey & Gravy over Mashed Potatoes Seasoned Green Breans Crispy Cucumber & Carrot Coins Yum-O Ranch Sauce Cool Pears in Lite Syrup Whole Wheat Dinner Roll	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>677 102%</td></tr> <tr><td>Chol...</td><td>59* mg 59%</td></tr> <tr><td>Sodium.</td><td>1269 mg 115%</td></tr> <tr><td>Fiber..</td><td>8.1* g 135%</td></tr> <tr><td>Iron...</td><td>5.1* mg 145%</td></tr> <tr><td>Calcium</td><td>670.0* mg 234%</td></tr> <tr><td>Vit A</td><td>2648* IU 236%</td></tr> <tr><td>Vit C</td><td>25.7* mg 171%</td></tr> <tr><td>Prot</td><td>37.5*g 22.1%Cal</td></tr> <tr><td>Carb</td><td>93.5g 55.2%Cal</td></tr> <tr><td>T.Fat</td><td>17.7g 23.5%Cal</td></tr> <tr><td>S.Fat</td><td>7.3*g 9.7%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	677 102%	Chol...	59* mg 59%	Sodium.	1269 mg 115%	Fiber..	8.1* g 135%	Iron...	5.1* mg 145%	Calcium	670.0* mg 234%	Vit A	2648* IU 236%	Vit C	25.7* mg 171%	Prot	37.5*g 22.1%Cal	Carb	93.5g 55.2%Cal	T.Fat	17.7g 23.5%Cal	S.Fat	7.3*g 9.7%Cal
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Mon - 5/7/2012 WG Pep. Pizza Round Baked Beans Mixed Vegetables Golden Dried Fruit Mix	Tue - 5/8/2012 Whole Grain Bean & Cheese Burrito Mexicali Corn Celery Sticks Juicy Orange Wedges	Wed - 5/9/2012 Breaded Chicken Fillet on Bun Ma Ma Mia Veggie & Pasta Salad Peaches in Lite Syrup	Thu - 5/10/2012 Asian Tangerine Chicken Brown Oven Fried Rice w/ Vegetables Sweet Carrots & Peas Broccoli & Raisin Salad Sliced Strawberries	Fri - 5/11/2012 Beef, Beans & Cheese Nachos Sweet Corn Kernels Carrot & Pineapple Salad Unsweetened Applesauce Fresh Kiwi Halves	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>659 99%</td></tr> <tr><td>Chol...</td><td>31* mg 31%</td></tr> <tr><td>Sodium.</td><td>1394 mg 127%</td></tr> <tr><td>Fiber..</td><td>12.6* g 209%</td></tr> <tr><td>Iron...</td><td>4.0* mg 116%</td></tr> <tr><td>Calcium</td><td>560.1* mg 196%</td></tr> <tr><td>Vit A</td><td>7606* IU 679%</td></tr> <tr><td>Vit C</td><td>67.3* mg 448%</td></tr> <tr><td>Prot</td><td>30.4*g 18.5%Cal</td></tr> <tr><td>Carb</td><td>108.1g 65.6%Cal</td></tr> <tr><td>T.Fat</td><td>13.8g 18.9%Cal</td></tr> <tr><td>S.Fat</td><td>3.3*g 4.5%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	659 99%	Chol...	31* mg 31%	Sodium.	1394 mg 127%	Fiber..	12.6* g 209%	Iron...	4.0* mg 116%	Calcium	560.1* mg 196%	Vit A	7606* IU 679%	Vit C	67.3* mg 448%	Prot	30.4*g 18.5%Cal	Carb	108.1g 65.6%Cal	T.Fat	13.8g 18.9%Cal	S.Fat	3.3*g 4.5%Cal
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Mon - 5/14/2012 BBQ Glazed Chicken Vegetarian Baked Beans Crunchy Carrot & Celery Sticks Sliced Apple Crisp Whole Wheat Dinner Roll	Tue - 5/15/2012 Whole Grain Chicken Nuggets Tater Tots w/ Ketchup Tasty Bite - Broccoli & Califlower Salad Canned Pineapple Tidbits in Juice Tropical Treat Crackers	Wed - 5/16/2012 Beef & Cheese Lasagna Mixed Vegetables Mediterranean Salad Yum-O Ranch Sauce Juicy Orange Wedges Cornbread Puffin	Thu - 5/17/2012 New Orleans Mandarin Chicken Brown Oven Fried Rice w/ Vegetables Broccoli & Raisin Salad Crisp Bagged Carrots Cool Mixed Berries	Fri - 5/18/2012 Tender Turkey & Gravy over Mashed Potatoes Orange Yam Bites Crispy Cucumber & Carrot Coins Yum-O Ranch Sauce Cool Pears in Lite Syrup	<table border="0"> <tr><td>Avg Nutrients</td><td>Target</td></tr> <tr><td>Cals...</td><td>668 101%</td></tr> <tr><td>Chol...</td><td>60* mg 60%</td></tr> <tr><td>Sodium.</td><td>1105 mg 100%</td></tr> <tr><td>Fiber..</td><td>9.6* g 160%</td></tr> <tr><td>Iron...</td><td>5.0* mg 144%</td></tr> <tr><td>Calcium</td><td>553.4* mg 194%</td></tr> <tr><td>Vit A</td><td>11380* IU1016%</td></tr> <tr><td>Vit C</td><td>63.9* mg 426%</td></tr> <tr><td>Prot</td><td>32.4*g 19.4%Cal</td></tr> <tr><td>Carb</td><td>103.9g 62.1%Cal</td></tr> <tr><td>T.Fat</td><td>14.4g 19.4%Cal</td></tr> <tr><td>S.Fat</td><td>4.0*g 5.4%Cal</td></tr> </table>	Avg Nutrients	Target	Cals...	668 101%	Chol...	60* mg 60%	Sodium.	1105 mg 100%	Fiber..	9.6* g 160%	Iron...	5.0* mg 144%	Calcium	553.4* mg 194%	Vit A	11380* IU1016%	Vit C	63.9* mg 426%	Prot	32.4*g 19.4%Cal	Carb	103.9g 62.1%Cal	T.Fat	14.4g 19.4%Cal	S.Fat	4.0*g 5.4%Cal
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Mon - 5/28/2012 Memorial Day Observance	Tue - 5/29/2012 RF Corn Dog Tater Tots w/ Ketchup Baked Beans Natural Applesauce w/ Cinnamon	Wed - 5/30/2012 WG Pep. Pizza Round Broccoli & Raisin Salad Crunchy Carrot & Celery Sticks Yum-O Ranch Sauce Fresh Sliced Apple	Thu - 5/31/2012 Crustless PBJ Sandwich (contains peanuts, soy) Mediterranean Salad Crisp Bagged Carrots Orange Juice WG Chocolate Chip Cookie	<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;">671 101%</td> </tr> <tr> <td>Chol...</td> <td style="text-align: right;">27* mg 27%</td> </tr> <tr> <td>Sodium.</td> <td style="text-align: right;">1445 mg 131%</td> </tr> <tr> <td>Fiber..</td> <td style="text-align: right;">9.8* g 164%</td> </tr> <tr> <td>Iron...</td> <td style="text-align: right;">4.0* mg 113%</td> </tr> <tr> <td>Calcium</td> <td style="text-align: right;">589.3* mg 206%</td> </tr> <tr> <td>Vit A</td> <td style="text-align: right;">5705* IU 509%</td> </tr> <tr> <td>Vit C</td> <td style="text-align: right;">61.0* mg 407%</td> </tr> <tr> <td>Prot</td> <td style="text-align: right;">26.8*g 16.0%Cal</td> </tr> <tr> <td>Carb</td> <td style="text-align: right;">107.7g 64.2%Cal</td> </tr> <tr> <td>T.Fat</td> <td style="text-align: right;">16.4g 22.1%Cal</td> </tr> <tr> <td>S.Fat</td> <td style="text-align: right;">4.3*g 5.8%Cal</td> </tr> </table>	Avg Nutrients	Target	Cals...	671 101%	Chol...	27* mg 27%	Sodium.	1445 mg 131%	Fiber..	9.8* g 164%	Iron...	4.0* mg 113%	Calcium	589.3* mg 206%	Vit A	5705* IU 509%	Vit C	61.0* mg 407%	Prot	26.8*g 16.0%Cal	Carb	107.7g 64.2%Cal	T.Fat	16.4g 22.1%Cal	S.Fat	4.3*g 5.8%Cal	
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