

# Kern High School District

## 2012 - Continuation & Vocation High School Lunch Menu CDE and USDA are equal opportunity employers and providers

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
	Tue - 5/1/2012	Wed - 5/2/2012	Thu - 5/3/2012	Fri - 5/4/2012	Avg Nutrients Target
	TODAY'S DAILY SPECIAL Pep. & Cheese French Bread Pizza** Bean & Cheese Burrito Turkey Breast & Cheese on Fr. Roll SELECT 3 SIDES Broccoli & Raisin Salad Canned Pineapple Tidbits in Juice Tropical Treat Crackers	TODAY'S DAILY SPECIAL Mini Beef Slider Sandwiches Chicken Fillet & Mixed Greens w/ Croutons Whole Wheat Dinner Roll Super Bean & Cheese Burrito SELECT 3 SIDES Mediterranean Salad Fresh Banana Cool Canned Pears	TODAY'S DAILY SPECIAL Mom's Chicken & Mashed Potatoes Bowl Beef & Cheese Rolled Taco Chicken Fillet & Mixed Greens w/ Croutons SELECT 3 SIDES Cowboy Caviar (cold bean salad) Celery Sticks & Baby Carrots Fresh Tangerine Peanut Butter Dip	TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes Fish & Cheese Sandwich on WG & Enriched Bun Crisp Chef Salad w/ Garlic Croutons SELECT 3 SIDES Spring Mix w/ Walnuts & Cranberries Canned Fruit Cocktail	Cals... 865 102% Chol... 60* mg 60% Sodium. 1838 mg 129% Fiber.. 10.4* g 173% Iron... 6.3* mg 141% Calcium685.9* mg 171% Vit A 7537* IU 502% Vit C 53.9* mg 281% Prot 37.2*g 17.2%Cal Carb 118.1g 54.6%Cal T.Fat 27.6g 28.7%Cal S.Fat 7.2*g 7.5%Cal
Mon - 5/7/2012	Tue - 5/8/2012	Wed - 5/9/2012	Thu - 5/10/2012	Fri - 5/11/2012	Avg Nutrients Target
TODAY'S DAILY SPECIAL Asian Orange Chicken Steamed Brown Rice Beef & Cheese Rolled Taco Crustless Peanut Butter & Jelly SELECT 3 SIDES Sweet Corn Kernels Broccoli & Raisin Salad Juicy Orange Wedges	TODAY'S DAILY SPECIAL Delux Brd Chicken Breast Filet on Bun Beef & Cheese Rolled Taco Ham & Cheese on a Wheat Roll** SELECT 3 SIDES Celery & Carrot Sticks w/ Peanut Butter Fresh Sliced Apple Orange Juice	TODAY'S DAILY SPECIAL Beef, Bean & Cheese Nachos Delux Brd Chicken Breast Filet on Bun Crisp Chef Salad w/ Garlic Croutons SELECT 4 SIDES Crunchy Baby Carrots Unsweetened Applesauce California Raisins	TODAY'S DAILY SPECIAL SalsaVerde Tamale Pocket BBQ Glazed Pork Rib Sandwich** Crisp Chef Salad w/ Garlic Croutons SELECT 3 SIDES Mexicali Corn Unsweetened Applesauce Fresh Banana	TODAY'S DAILY SPECIAL BBQ Glazed Chicken Roasted Red Potatoes Super Bean & Cheese Burrito Crustless Peanut Butter Jelly Sandwich SELECT 3 SIDES Celery & Carrot Sticks w/ Peanut Butter Fresh Sliced Apple Toasty Garlic Breadstick	Cals... 839 99% Chol... 56* mg 56% Sodium. 1601 mg 113% Fiber.. 9.6* g 160% Iron... 5.0* mg 111% Calcium609.5* mg 152% Vit A 10272* IU 685% Vit C 76.8* mg 400% Prot 35.9*g 17.1%Cal Carb 116.9g 55.7%Cal T.Fat 26.1g 28.0%Cal S.Fat 6.8*g 7.3%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 - 5/14/2012  TODAY'S DAILY SPECIAL Pasta Bowl w/ Meatless Marinara Sauce Pasta Bowl w/ Meaty or Marinara Sauce Pep. & Cheese French Bread Pizza** Crustless Peanut Butter & Jelly SELECT 3 SIDES Three Bean Salad Sweet Diced Peaches Toasty Garlic Breadstick	Tue - 5/15/2012  TODAY'S DAILY SPECIAL Pep. & Cheese French Bread Pizza** Bean & Cheese Burrito Turkey Breast & Cheese on Fr. Roll SELECT 3 SIDES Broccoli & Raisin Salad Canned Pineapple Tidbits in Juice Tropical Treat Crackers	Wed - 5/16/2012  TODAY'S DAILY SPECIAL Mini Beef Slider Sandwiches Chicken Fillet & Mixed Greens w/ Croutons Whole Wheat Dinner Roll Super Bean & Cheese Burrito SELECT 3 SIDES Mediterranean Salad Fresh Banana Cool Canned Pears	Thu - 5/17/2012  TODAY'S DAILY SPECIAL Mom's Chicken & Mashed Potatoes Bowl Beef & Cheese Rolled Taco Chicken Fillet & Mixed Greens w/ Croutons Cowboy Caviar (cold bean salad) Celery Sticks & Baby Carrots Fresh Tangerine Peanut Butter Dip	Fri - 5/18/2012  TODAY'S DAILY SPECIAL Tender Turkey & Gravy over Mashed Potatoes Fish & Cheese Sandwich on WG & Enriched Bun Crisp Chef Salad w/ Garlic Croutons SELECT 3 SIDES Spring Mix w/ Walnuts & Cranberries Canned Fruit Cocktail	Avg Nutrients Target Cals... 869 103% Chol... 56* mg 56% Sodium. 1806 mg 127% Fiber.. 10.1* g 168% Iron... 6.3* mg 141% Calcium702.6* mg 176% Vit A 6432* IU 429% Vit C 49.2* mg 256% Prot 37.8*g 17.4%Cal Carb 118.5g 54.5%Cal T.Fat 27.9g 28.8%Cal S.Fat 7.4*g 7.7%Cal
Mon - 5/21/2012  TODAY'S DAILY SPECIAL Asian Orange Chicken Steamed Brown Rice Beef & Cheese Rolled Taco Crustless Peanut Butter & Jelly SELECT 3 SIDES Sweet Corn Kernels Broccoli & Raisin Salad Juicy Orange Wedges	Tue - 5/22/2012  TODAY'S DAILY SPECIAL Delux Brd Chicken Breast Filet on Bun Beef & Cheese Rolled Taco Ham & Cheese on a Wheat Roll** SELECT 3 SIDES Celery & Carrot Sticks w/ Peanut Butter Fresh Sliced Apple Orange Juice	Wed - 5/23/2012  TODAY'S DAILY SPECIAL Beef, Bean & Cheese Nachos Delux Brd Chicken Breast Filet on Bun Crisp Chef Salad w/ Garlic Croutons SELECT 4 SIDES Crunchy Baby Carrots Unsweetened Applesauce California Raisins	Thu - 5/24/2012  TODAY'S DAILY SPECIAL SalsaVerde Tamale Pocket BBQ Glazed Pork Rib Sandwich** Crisp Chef Salad w/ Garlic Croutons SELECT 3 SIDES Mexicali Corn Unsweetened Applesauce Fresh Banana	Fri - 5/25/2012  TODAY'S DAILY SPECIAL BBQ Glazed Chicken Roasted Red Potatoes Super Bean & Cheese Burrito Crustless Peanut Butter Jelly Sandwich SELECT 3 SIDES Celery & Carrot Sticks w/ Peanut Butter Fresh Sliced Apple Toasty Garlic Breadstick	Avg Nutrients Target Cals... 839 99% Chol... 56* mg 56% Sodium. 1601 mg 113% Fiber.. 9.6* g 160% Iron... 5.0* mg 111% Calcium609.5* mg 152% Vit A 10272* IU 685% Vit C 76.8* mg 400% Prot 35.9*g 17.1%Cal Carb 116.9g 55.7%Cal T.Fat 26.1g 28.0%Cal S.Fat 6.8*g 7.3%Cal

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Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Mon - 5/28/2012	Tue - 5/29/2012	Wed - 5/30/2012	Thu - 5/31/2012		Avg Nutrients    Target
Memorial Day Observance	TODAY'S DAILY SPECIAL Pep. & Cheese French Bread Pizza** Bean & Cheese Burrito Turkey Breast & Cheese on Fr. Roll SELECT 3 SIDES Broccoli & Raisin Salad Canned Pineapple Tidbits in Juice Tropical Treat Crackers	TODAY'S DAILY SPECIAL Mini Beef Slider Sandwiches Chicken Fillet & Mixed Greens w/ Croutons Whole Wheat Dinner Roll Super Bean & Cheese Burrito SELECT 3 SIDES Mediterranean Salad Fresh Banana Cool Canned Pears	TODAY'S DAILY SPECIAL Mom's Chicken & Mashed Potatoes Bowl Beef & Cheese Rolled Taco Chicken Fillet & Mixed Greens w/ Croutons SELECT 3 SIDES Cowboy Caviar (cold bean salad) Celery Sticks & Baby Carrots Fresh Tangerine Peanut Butter Dip		Cals...            918        108% Chol...            54* mg    54% Sodium...        1909 mg   134% Fiber...        11.8* g    197% Iron...            7.2* mg    160% Calcium...       719.8* mg 180% Vit A            7577* IU   505% Vit C            59.5* mg   310% Prot            38.0*g    16.6%Cal Carb            128.2g    55.9%Cal T.Fat            28.4g     27.8%Cal S.Fat            7.6*g      7.4%Cal

USDA is an equal opportunity provider. Menu subject to change without notice.

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