

**Kern High School District**  
 2012 Daily Special Student Lunch Menu  
 USDA & CDE are equal opportunity providers & employers

| Monday | Tuesday | Wednesday              | Thursday               | Friday                  | Nutrients             |
|--------|---------|------------------------|------------------------|-------------------------|-----------------------|
|        |         | Wed - 2/1/2012         | Thu - 2/2/2012         | Fri - 2/3/2012          | Avg Nutrients Target  |
|        |         | TODAY'S DAILY SPECIAL  | TODAY'S DAILY SPECIAL  | TODAY'S DAILY SPECIAL   | Cals... 850 100%      |
|        |         | Beef & Bean Taco Salad | Soft Tacos             | Turkey and Gravy        | Chol... 49* mg 49%    |
|        |         | Meatless Taco Salad    | PIZZA SLICE OF THE DAY | Creamy Mashed Potatoes  | Sodium. 2014 mg 133%  |
|        |         | (w/ Pinto Beans)       | DAILY HOT SANDWICH     | PIZZA SLICE OF THE DAY  | Fiber.. 12.0* g 150%  |
|        |         | PIZZA SLICE OF THE DAY | BOXED ENTREE SALAD     | DAILY HOT SANDWICH      | Iron... 6.3* mg 139%  |
|        |         | DAILY HOT SANDWICH     | SELECT 3 SIDES         | VEGETARIAN OPTION       | Calcium655.7* mg 164% |
|        |         | Grilled Hamburger      | Corn Cobbet            | Hummus, Crisp           | Vit A 8596* IU 573%   |
|        |         | BOXED ENTREE SALAD     | Unsweetened Applesauce | Veggies & Pita Bread    | Vit C 60.9* mg 317%   |
|        |         | SELECT 3 SIDES         | Juicy Orange Wedges    | BOXED ENTREE SALAD      | Prot 33.4*g 15.7%Cal  |
|        |         | Celery Sticks & Baby   |                        | SELECT 3 SIDES          | Carb 118.8g 55.9%Cal  |
|        |         | Carrots                |                        | Spring Mix w/ Walnuts & | T.Fat 28.6g 30.2%Cal  |
|        |         | Fresh Sliced Apple     |                        | Cranberries             | S.Fat 6.4*g 6.8%Cal   |
|        |         | Fresh Banana           |                        | Canned Fruit Cocktail   |                       |
|        |         |                        |                        | Red Seedless Grapes     |                       |

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| <b>Monday</b>                         | <b>Tuesday</b>                    | <b>Wednesday</b>                     | <b>Thursday</b>                     | <b>Friday</b>                    | <b>Nutrients</b>      |
|---------------------------------------|-----------------------------------|--------------------------------------|-------------------------------------|----------------------------------|-----------------------|
| Mon - 2/6/2012                        | Tue - 2/7/2012                    | Wed - 2/8/2012                       | Thu - 2/9/2012                      | Fri - 2/10/2012                  | Avg Nutrients Target  |
| TODAY'S DAILY SPECIAL                 | TODAY'S DAILY SPECIAL             | TODAY'S DAILY SPECIAL                | TODAY'S DAILY SPECIAL               | TODAY'S DAILY SPECIAL            | Cals... 841 99%       |
| Italian Marinara Meat Sauce           | Orange Asian Chicken              | Beef & Bean Taco Salad               | "Your Way" Grilled Chicken Burrito  | Turkey and Gravy                 | Chol... 48* mg 48%    |
| Pasta Bowl w/ Meatless Marinara Sauce | Steamed Brown Rice                | Meatless Taco Salad (w/ Pinto Beans) | "Your Way" SW Bean Burrito          | Creamy Mashed Potatoes           | Sodium. 2161 mg 142%  |
| PIZZA SLICE OF THE DAY                | PIZZA SLICE OF THE DAY            | PIZZA SLICE OF THE DAY               | PIZZA SLICE OF THE DAY              | PIZZA SLICE OF THE DAY           | Fiber.. 12.4* g 155%  |
| DAILY HOT SANDWICH                    | DAILY HOT SANDWICH                | DAILY HOT SANDWICH                   | DAILY HOT SANDWICH                  | DAILY HOT SANDWICH               | Iron... 6.6* mg 147%  |
| Grilled Hamburger                     | Grilled Hamburger                 | BOXED ENTREE SALAD                   | BOXED ENTREE SALAD                  | VEGETARIAN OPTION                | Calcium710.0* mg 178% |
| BOXED ENTREE SALAD                    | VEGETARIAN OPTION                 | SELECT 3 SIDES                       | BOXED ENTREE SALAD                  | Hummus, Crisp                    | Vit A 8710* IU 581%   |
| SELECT 3 SIDES                        | Meatless Veggie Burger Sandwich   | Crunchy Baby Carrots                 | Layered Fajita Chicken Shaker Salad | Veggies & Pita Bread             | Vit C 63.9* mg 333%   |
| Mediterranean Salad                   | BOXED ENTREE SALAD                | Cool Canned Pears                    | SELECT 3 SIDES                      | BOXED ENTREE SALAD               | Prot 34.1*g 16.2%Cal  |
| Sweet Diced Peaches                   | SELECT 3 SIDES                    | Fresh Banana                         | Cowboy Caviar (cold bean salad)     | SELECT 3 SIDES                   | Carb 121.4g 57.7%Cal  |
| Fresh Sliced Apple                    | Broccoli & Raisin Salad           |                                      | Celery Sticks & Baby Carrots        | Tossed Green Salad w/ Vegetables | T.Fat 26.1g 28.0%Cal  |
|                                       | Canned Pineapple Tidbits in Juice |                                      | Fresh Tangerine                     | Canned Fruit Cocktail            | S.Fat 6.1*g 6.5%Cal   |
|                                       | Orange Juice                      |                                      |                                     | Sliced Apple Crisp               |                       |

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Jan 17, 2012

| Monday  | Tuesday  | Wednesday  | Thursday   | Friday   | Nutrients   |
|---|--|--|--|--|---|
| Mon - 2/13/2012<br><br>Lincoln's Birthday<br>Observance | Tue - 2/14/2012<br><br>TODAY'S DAILY SPECIAL<br>Not your Mother's<br>Chicken Bowl<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>VEGETARIAN OPTION<br>Meatless Veggie Burger<br>Sandwich<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Crunchy Baby Carrots<br>Orange Juice<br>Apple Oatmeal Cookie   | Wed - 2/15/2012<br><br>TODAY'S DAILY SPECIAL<br>Beef & Bean Taco Salad<br>Meatless Taco Salad<br>(w/ Pinto Beans)<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Celery Sticks & Baby<br>Carrots<br>Unsweetened Applesauce<br>California Raisins | Thu - 2/16/2012<br><br>TODAY'S DAILY SPECIAL<br>Soft Tacos<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Raw Vegetable Medley<br>Diced Pears<br>Fresh Banana  | Fri - 2/17/2012<br><br>TODAY'S DAILY SPECIAL<br>Turkey and Gravy<br>Creamy Mashed Potatoes<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>VEGETARIAN OPTION<br>Hummus, Crisp<br>Veggies & Pita Bread<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Spring Mix w/ Walnuts &<br>Cranberries<br>Canned Fruit Cocktail<br>Fresh Kiwi Halves | Avg Nutrients Target<br>Cals... 874 103%<br>Chol... 48* mg 48%<br>Sodium. 2107 mg 139%<br>Fiber... 11.2* g 141%<br>Iron... 6.4* mg 142%<br>Calcium655.1* mg 164%<br>Vit A 8997* IU 600%<br>Vit C 82.6* mg 430%<br>Prot 32.8*g 15.0%Cal<br>Carb 121.4g 55.6%Cal<br>T.Fat 30.0g 30.9%Cal<br>S.Fat 6.9*g 7.1%Cal |
| Mon - 2/20/2012<br><br>Presidents' Day<br>Observance    | Tue - 2/21/2012<br><br>TODAY'S DAILY SPECIAL<br>Orange Asian Chicken<br>Steamed Brown Rice<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>Grilled Hamburger<br>VEGETARIAN OPTION<br>Meatless Veggie Burger<br>Sandwich<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Crunchy Baby Carrots<br>Canned Pineapple Tidbits<br>in Juice<br>Trail Mix w/ Walnuts | Wed - 2/22/2012<br><br>TODAY'S DAILY SPECIAL<br>Beef & Bean Taco Salad<br>Meatless Taco Salad<br>(w/ Pinto Beans)<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Corn Cobbet<br>Unsweetened Applesauce<br>Fresh Banana                           | Thu - 2/23/2012<br><br>TODAY'S DAILY SPECIAL<br>"Your Way" Grilled<br>Chicken Burrito<br>"Your Way" SW Bean<br>Burrito<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>BOXED ENTREE SALAD<br>Layered Fajita Chicken<br>Shaker Salad<br>SELECT 3 SIDES<br>Celery Sticks & Baby<br>Carrots<br>Peanut Butter Dip<br>Fresh Sliced Apple | Fri - 2/24/2012<br><br>TODAY'S DAILY SPECIAL<br>Turkey and Gravy<br>Creamy Mashed Potatoes<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>VEGETARIAN OPTION<br>Hummus, Crisp<br>Veggies & Pita Bread<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Tossed Green Salad<br>w/ Vegetables<br>Canned Fruit Cocktail<br>Juicy Orange Wedges  | Avg Nutrients Target<br>Cals... 856 101%<br>Chol... 46* mg 46%<br>Sodium. 2044 mg 134%<br>Fiber... 12.1* g 151%<br>Iron... 6.3* mg 141%<br>Calcium693.8* mg 173%<br>Vit A 8597* IU 573%<br>Vit C 51.1* mg 266%<br>Prot 34.1*g 16.0%Cal<br>Carb 120.6g 56.4%Cal<br>T.Fat 27.9g 29.4%Cal<br>S.Fat 6.7*g 7.1%Cal |

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|---|--|---|----------|--------|---|
| Mon - 2/27/2012   | Tue - 2/28/2012  | Wed - 2/29/2012   |          |        | Avg Nutrients Target  |
| TODAY'S DAILY SPECIAL<br>Chicken Alfredo w/<br>Egg Noodles<br>Vegetable Lasagna<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Three Bean Salad<br>Orange Juice<br>Golden Dried Fruit Mix | TODAY'S DAILY SPECIAL<br>Orange Asian Chicken<br>Steamed Brown Rice<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>Grilled Hamburger<br>VEGETARIAN OPTION<br>Meatless Veggie Burger<br>Sandwich<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Broccoli & Raisin Salad<br>Canned Pineapple Tidbits<br>in Juice<br>Orange Juice | TODAY'S DAILY SPECIAL<br>Beef & Bean Taco Salad<br>Meatless Taco Salad<br>(w/ Pinto Beans)<br>PIZZA SLICE OF THE DAY<br>DAILY HOT SANDWICH<br>BOXED ENTREE SALAD<br>SELECT 3 SIDES<br>Crunchy Baby Carrots<br>Cool Canned Pears<br>Fresh Banana |          |        | Cals... 830 98%<br>Chol... 50* mg 50%<br>Sodium. 1923 mg 127%<br>Fiber.. 10.2* g 127%<br>Iron... 5.8* mg 130%<br>Calcium647.6* mg 162%<br>Vit A 6980* IU 465%<br>Vit C 92.1* mg 480%<br>Prot 32.7*g 15.8%Cal<br>Carb 117.5g 56.6%Cal<br>T.Fat 27.2g 29.4%Cal<br>S.Fat 6.1*g 6.6%Cal |

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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