

# Kern High School District

## Continuation & Special Education Student Lunch Menu 2010

Monday	Tuesday	Wednesday	Thursday	Friday	Nutrients
Feb - 1 Bean & Cheese Burrito Sweet Corn Kernels Fuji Apple Raisins Orange Juice	Feb - 2 Hamburger Tater Tots w/ Ketchup Sweet Carrots & Peas Orange Wedges Choc Raspberry Grahams	Feb - 3 Oven Fried Crispy Chicken Seasoned Potato Wedges Crisp Tossed Salad Apple Crisp	Feb - 4 Turkey & Gravy over Mashed Potatoes Seasoned Green Breans Chilled Mixed Fruit Cup Apple Oatmeal Cookie Whole Wheat Dinner Roll	Feb - 5 Grilled Chicken Patty on Bun Mixed Vegetables Fresh Banana Natural Applesauce Tropical Dried Fruit Mix	Avg Nutrients    Target Cals...        854        101% Sodium.      1414 mg    129% Iron...        5.2 mg    115% Calcium      530.2 mg   133% Vit A         4140 IU    276% Vit C         71.8 mg    374% T.Fat        24.8g     26.1%Cal S.Fat        6.9g      7.3%Cal
Feb - 8 Lincoln's Birthday Observance	Feb - 9 BBQ Glazed Pork Rib Sandwich Seasoned Potato Wedges Natural Applesauce Tropical Dried Fruit Mix Tropical Treat Crackers	Feb - 10 Italian Meat Sauce & Spaghetti Tossed Salad Natural Applesauce Toasty Garlic Breadstick	Feb - 11 Pep. Pizza Wedge Tossed Salad Cinnamon Apple Slices Golden Dried Fruit Mix Whole Wheat Dinner Roll	Feb - 12 Beef Nachos with Beans and Cheese Orange Wedges Peanut Free Trail Mix Grape Juice	Avg Nutrients    Target Cals...        857        101% Sodium.      1236 mg    112% Iron...        6.0 mg    133% Calcium      619.1 mg   155% Vit A         3436 IU    229% Vit C         75.1 mg    392% T.Fat        21.2g     22.2%Cal S.Fat        5.7g      6.0%Cal
Feb - 15 Presidents' Day Observance	Feb - 16 Bean & Cheese Burrito Crisp Bagged Carrots Fuji Apple Apple Oatmeal Cookie	Feb - 17 SW Chicken Rice Bowl Fresh Banana Diced Pears Crisp Bagged Carrots Grape Juice	Feb - 18 Turkey & Gravy over Mashed Potatoes Crisp Tossed Salad Orange Juice Apple Oatmeal Cookie Whole Wheat Dinner Roll	Feb - 19 Clux Delux Breaded Chicken Fillet Sandwich Crisp Bagged Carrots Fresh Banana Tropical Treat Crackers	Avg Nutrients    Target Cals...        874        103% Sodium.      1704 mg    155% Iron...        5.3 mg    117% Calcium      594.7 mg   149% Vit A         3951 IU    263% Vit C         44.7 mg    233% T.Fat        21.4g     22.0%Cal S.Fat        5.3g      5.5%Cal
Feb - 22 Meatloaf & Mashed Potato Bowl Mixed Vegetables Dried Apricot & More Mix Crisp Bagged Carrots Natural Applesauce Whole Wheat Dinner Roll	Feb - 23 BBQ Glazed Pork Rib Sandwich Crisp Bagged Carrots All Fruit Leather Fresh Banana Chewy Chocolate Brownie	Feb - 24 Hot Ham & Cheese on a Wheat Roll Sweet Corn Kernels Crisp Tossed Salad Chilled Mixed Fruit Cup Orange Wedges Whole Wheat Dinner Roll	Feb - 25 Pasta Bowl w/ Meaty or Marinara Sauce Mixed Vegetables Cinnamon Apple Slices Toasty Garlic Breadstick	Feb - 26 Oven Fried Crispy Chicken Mashed Potatoes Sweet Diced Peaches Fuji Apple Whole Wheat Dinner Roll	Avg Nutrients    Target Cals...        875        103% Sodium.      1479 mg    134% Iron...        6.2 mg    139% Calcium      580.0 mg   145% Vit A         4849 IU    323% Vit C         47.9 mg    250% T.Fat        21.6g     22.2%Cal S.Fat        6.3g      6.5%Cal

USDA is an equal opportunity employer and provider. Menu subject to change without notice. Meals include choice of milk.

NOTE: \* - Denotes missing or incomplete Nutrient Data.

**NOTICE: The data contained within this report and the NUTRIKIDS® Menu Planning and Nutritional Analysis software should not be used for and does not provide menu planning for a child with a medical condition or food allergy. Ingredients and menu items are subject to change or substitution without notice. Please consult a medical professional for assistance in planning for or treating medical conditions.**