

# Oakland Unified School District

High School Lunch

HHFKA - 9-12

SUMMER JUNE 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Jun - 11 Chicken Sliders Veggie Burrito Mini Baby Carrots Chili Lime Veggie Snack Plum Raisins MILK: Non - Fat & 1% Chocolate Milk	Jun - 12 All Beef Hamburger Soy Butter n Jelly Sandwich (V) Baked Beans Ranch Veggie Snacker Nectarine Raisins MILK: Non - Fat & 1%	Jun - 13 Pinwheel Sandwich (V) Pepper Jack Enchiladas Corn Cobette Chili Lime Veggie Snack Shape-Up Raisins MILK: Non - Fat & 1%	Jun - 14 Teriyaki Chicken Sand Quesadilla (V) Sweet Corn Salad Ranch Veggie Snacker White Nectarine Raisins MILK: Non - Fat & 1%	Jun - 15 Cheese Pizza Pepperoni Pizza Cranberry Spinach Salad Chili Lime Veggie Snack Peach Raisins MILK: Non - Fat & 1%
Jun - 18 Cherry Blossom Bowl Three Cheese Enchilada Stir Fry Vegetables Chili Lime Veggie Snack Plum Raisins MILK: Non - Fat & 1% Chocolate Milk	Jun - 19 Grass Fed Beef Hot Dog Soy Butter n Jelly Sandwich (V) Baked Beans Ranch Veggie Snacker Nectarine Raisins MILK: Non - Fat & 1%	Jun - 20 Cheesy Toast Mac & Cheese (V) Peas and Carrots Chili Lime Veggie Snack Shape-Up Raisins MILK: Non - Fat & 1%	Jun - 21 BBQ Chicken Sandwich Grilled Cheese (V) California Carrot Salad Ranch Veggie Snacker White Nectarine Raisins MILK: Non - Fat & 1%	Jun - 22 Cheese Pizza Pepperoni Pizza Cranberry Spinach Salad Chili Lime Veggie Snack Peach Raisins MILK: Non - Fat & 1%
Jun - 25 Chicken Sliders Veggie Burrito Mini Baby Carrots Chili Lime Veggie Snack Plum Raisins MILK: Non - Fat & 1% Chocolate Milk	Jun - 26 All Beef Hamburger Soy Butter n Jelly Sandwich (V) Baked Beans Ranch Veggie Snacker Nectarine Raisins MILK: Non - Fat & 1%	Jun - 27 Pinwheel Sandwich (V) Pepper Jack Enchiladas Corn Cobette Chili Lime Veggie Snack Shape-Up Raisins MILK: Non - Fat & 1%	Jun - 28 Teriyaki Chicken Sand Quesadilla (V) Sweet Corn Salad Ranch Veggie Snacker White Nectarine Raisins MILK: Non - Fat & 1%	Jun - 29 Cheese Pizza Pepperoni Pizza Cranberry Spinach Salad Chili Lime Veggie Snack Peach Raisins MILK: Non - Fat & 1%

*\*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.*

**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.

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Monday	Tuesday	Wednesday	Thursday	Friday		
	Average	Weekly Target	% of Target	Average	% of Calories	Weekly Target
	Calories 778	750-850	100%	Sugars 68.62* g	35.26%	
	Cholesterol 53 mg			Protein 33.24 g	17.08%	
	Sodium 1082 mg	1420		Carbohyd 120.16 g	61.75%	
	Fiber 13.00 g			Tot. Fat 22.64 g	26.18%	
				Sat. Fat 7.13 g	8.25%	<10.00%

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