

Oakland Unified School District

High School Lunch

HHFKA - 9-12

March 2020

Monday	Tuesday	Wednesday	Thursday	Friday
Mar - 2 Hamburger or Cheeseburger Spicy Chicken Sandwich Chicken Patty Sandwich Gardenburger (V) Fresh Chicken Salad w Roll Hamburger Bar Crispy Potato Wedges Baked Beans Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1% Chocolate Milk	Mar - 3 Meatball Sub Pizza, Meatlovers HSMS Pepperoni Pizza (P) Mozzarella Cheese Breadstick Chicken Cesear Salad Marinara Dipping Sauce 2.5 oz Cup Romaine Salad California Vegetables Fresh Fruit MILK: Non - Fat & 1%	Mar - 4 Korean BBQ Wings w/ Rice BBQ Chicken Sandwich BBQ Beef Rib Sandwich Grilled Cheese (V) Cobb Salad Veggie Cup 1 Veggie Cup2 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Mar - 5 Kung Pao Chicken w/ Rice (FP) Orange Chicken w Rice Thai Chili Chicken with Rice Egg Roll & Fried Rice Chow Mein (V) Stir Fry Vegetables Asian Coleslaw Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1%	Mar - 6 Turkey Lasagna w Roll Pizza, Meatlovers HSMS Pepperoni Pizza (P) Cheese Pizza (V) Chicken Cesear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit MILK: Non - Fat & 1%
Mar - 9 Hamburger or Cheeseburger Spicy Chicken Sandwich Chicken Patty Sandwich Gardenburger (V) Fresh Chicken Salad w Roll Hamburger Bar Crispy Potato Wedges Baked Beans Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1% Chocolate Milk	Mar - 10 Italian Chicken w Basil Parmesan Rice Hawaiian Pizza Sausage Pizza (P) Cheese Pizza (V) Chicken Cesear Salad Spinach Salad Romaine Salad California Vegetables Fresh Fruit MILK: Non - Fat & 1%	Mar - 11 Lemon Garlic Wings w/ Pita Spicy Chicken Tender w/ Roll Grilled Turkey Ham & Cheese Egg Salad Sandwich Cobb Salad Veggie Cup 1 Veggie Cup2 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Mar - 12 Turkey Tacos (FP) Turkey Nachos Turkey Burrito Quesadilla (V) Pepper Jack Enchilada (V) Supreme Refried Beans Romaine Salad Corn & Black Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Mar - 13 Chicken Parmesan & Pasta Hawaiian Pizza Sausage Pizza (P) Cheese Pizza (V) Chicken Cesear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit 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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Mar - 16 Hamburger or Cheeseburger Spicy Chicken Sandwich Chicken Patty Sandwich Gardenburger (V) Fresh Chicken Salad w Roll Hamburger Bar Crispy Potato Wedges Baked Beans Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1% Chocolate Milk	Mar - 17 Ravioli w Roll (V) Combo Pizza (P) Pepperoni Pizza (P) Cheese Pizza (V) Chicken Cesear Salad Spinach Salad Romaine Salad California Vegetables Fresh Fruit MILK: Non - Fat & 1%	Mar - 18 Jerk Wings w/ Rice Buffalo Wings w/ Pita Teriyaki Chicken Sand Tuna Salad Sandwich (FP) Cobb Salad Veggie Cup 1 Veggie Cup2 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Mar - 19 Chicken Teriyaki Bowl (FP) Honey Sriracha Drumstick w Rice Korean BBQ Chicken w/ Rice Egg Roll & Fried Rice Chow Mein (V) Stir Fry Vegetables Asian Coleslaw Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Mar - 20 Creamy Mac & Cheese Combo Pizza (P) Pepperoni Pizza (P) Cheese Pizza (V) Chicken Cesear Salad Corn Cobette Spinach Salad Mini Baby Carrots Fresh Fruit MILK: Non - Fat & 1%
Mar - 23 Hamburger or Cheeseburger Spicy Chicken Sandwich Chicken Patty Sandwich Gardenburger (V) Fresh Chicken Salad w Roll Hamburger Bar Crispy Potato Wedges Baked Beans Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1% Chocolate Milk	Mar - 24 Meatball Sub Pizza, Meatlovers HSMS Pepperoni Pizza (P) Mozzarella Cheese Breadstick Chicken Cesear Salad Marinara Dipping Sauce 2.5 oz Cup Romaine Salad California Vegetables Fresh Fruit MILK: Non - Fat & 1%	Mar - 25 Korean BBQ Wings w/ Rice BBQ Chicken Sandwich BBQ Beef Rib Sandwich Grilled Cheese (V) Cobb Salad Veggie Cup 1 Veggie Cup2 Three Bean Salad Fresh Fruit MILK: Non - Fat & 1%	Mar - 26 Kung Pao Chicken w/ Rice (FP) Orange Chicken w Rice Thai Chili Chicken with Rice Egg Roll & Fried Rice Chow Mein (V) Stir Fry Vegetables Asian Coleslaw Cucumber & Tomato Sala Fresh Fruit MILK: Non - Fat & 1%	Mar - 27
Mar - 30	Mar - 31			

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 March 2020

Jan 27, 2020

Monday	Tuesday	Wednesday	Thursday	Friday
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	Average	Weekly Target	% of Target		Average	% of Calories	Weekly Target
Calories	4453	750-850	524%	Sugars	206.83* g	18.58%	
Cholesterol	821 mg			Protein	222.19* g	19.96%	
Sodium	16498 mg	1420		Carbohyd	654.47 g	58.78%	
Fiber	26.40* g						

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