

Oakland Unified School District

High School Satellite Lunch

OCTOBER 2018

Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 1 Chicken Burrito Buffalo Chicken Salad Pinto Beans Mini Baby Carrots Orange Raisins MILK: Non - Fat & 1% Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 2 Cheese Pizza Pepperoni Pizza Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 3 Jerk Wings w/ Pita Chicken Cesezar Salad Gardenburger (V) Garlic Fries Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1%	Oct - 4 Bean and Cheese Tostad Chicken Salad w/Roll Broccoli Slaw Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%	Oct - 5 Egg Roll & Fried Rice Bean & Cheese Pupusa () All Beef Hot Dog Cilantro Lime Slaw Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1%
Oct - 8 Chicken Tikka Marsala w/ Rice Buffalo Chicken Salad Peas and Carrots Mini Baby Carrots Orange Raisins MILK: Non - Fat & 1% Chocolate Milk	Oct - 9 Cheese Pizza Pepperoni Pizza Spinach Salad Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 10 Korean BBQ Wings w/ Rice Cobb Salad Spicy Chicken Sandwich Baked Beans Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 11 Lemon Garlic Chicken w/ Pita Chicken Cesezar Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%	Oct - 12 Cherry Blossom Bowl Mindful Meats: Hamburger Stir Fry Vegetables Mini Baby Carrots Pear 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
Oct - 15 Chicken Enchilada Casserole w Rice Buffalo Chicken Salad Sriracha Beans Mini Baby Carrots Orange Raisins MILK: Non - Fat & 1% Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 16 Cheese Pizza Pepperoni Pizza Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 17 Lemon Garlic Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Carrot and Celery Sticks Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1%	Oct - 18 Beef Tacos Chicken Salad w/Roll Quesadilla (V) Romaine Salad Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%	Oct - 19
Oct - 22 Orange Chicken w Rice Buffalo Chicken Salad Teriyaki Chicken Sand Stir Fry Vegetables Mini Baby Carrots Orange Raisins MILK: Non - Fat & 1% Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 23 Cheese Pizza Pepperoni Pizza Spinach Salad Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 24 Buffalo Wings w/ Roll Cobb Salad Spicy Chicken Sandwich Carrot and Celery Sticks Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 25 Kung Pao Chicken w/ Rice (FP) Chicken Cesear Salad Grilled Cheese (V) Edamame Beans Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1%	Oct - 26 Chicken Parmesan & Pasta Chicken Salad w/Roll Mindful Meats: Hamburger Fiesta Corn Salad Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1%

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Monday	Tuesday	Wednesday	Thursday	Friday
Oct - 29 Chicken Burrito Buffalo Chicken Salad Deli Sandwich Pinto Beans Mini Baby Carrots Orange Raisins MILK: Non - Fat & 1% Chocolate Milk Soy Butter n Jelly Sandwich (V)	Oct - 30 Cheese Pizza Pepperoni Pizza Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% Soy Butter n Jelly Sandwich (V)	Oct - 31 BBQ Wings w/ a Roll Chicken Cesear Salad Gardenburger (V) Garlic Fries Mini Baby Carrots Shape-Up Raisins MILK: Non - Fat & 1%		

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