

Oakland Unified School District

High School Satellite Lunch

HHFKA - 9-12

JANUARY 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|---|---|
| Jan - 7 Chicken Tikka Marsala w/ Rice Buffalo Chicken Salad Peas and Carrots Mini Baby Carrots Asian Pear Raisins MILK: Non - Fat & 1% Chocolate Milk | Jan - 8 Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Baked Beans Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1% * | Jan - 9 Buffalo Wings w/ Pita Cobb Salad Spicy Chicken Sandwich Crispy Potato Wedges Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% * | Jan - 10 Turkey Tacos (FP) Chicken Cesear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1% | Jan - 11 Spaghetti w Meat Sauce Grilled Chicken Salad w/ Roll All Beef Hamburger Stir Fry Vegetables Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1% |
| Jan - 14 Chicken Enchilada Casserole w Rice Buffalo Chicken Salad Cheesy Toast Sriracha Beans Mini Baby Carrots Pear Raisins MILK: Non - Fat & 1% Chocolate Milk * | Jan - 15 Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Green Beans Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1% * | Jan - 16 Lemon Garlic Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% | Jan - 17 Buffalo Chicken w/ Pita Grilled Chicken Salad w/ Roll Quesadilla (V) Romaine Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1% | Jan - 18 Managers Choice Chicken Cesear Salad All Beef Hot Dog Corn Cobette Mini Baby Carrots Gala Apple 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.

Oakland Unified School District
High School Satellite Lunch
HHFKA - 9-12
JANUARY 2019

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|---|---|--|---|
| Jan - 21 | Jan - 22 Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll California Vegetables Mini Baby Carrots Kiwi Raisins MILK: Non - Fat & 1% | Jan - 23 Jerk Wings w/ Rice Cobb Salad Spicy Chicken Sandwich Carrot and Celery Sticks Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% * | Jan - 24 Beef Chili w/Chips Chicken Cesear Salad Grilled Cheese (V) Broccoli w/Ranch Dressin Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1% | Jan - 25 Chicken Parmesan & Pasta Grilled Chicken Salad w/ Roll All Beef Hamburger Deli Roasted Potatoes Mini Baby Carrots Pink Lady Apple Raisins MILK: Non - Fat & 1% |
| Jan - 28 Chicken Burrito Buffalo Chicken Salad Deli Sandwich Pinto Beans Mini Baby Carrots Asian Pear Raisins MILK: Non - Fat & 1% Chocolate Milk * | Jan - 29 Cheese Pizza Pepperoni Pizza Grilled Chicken Salad w/ Roll Green Beans Mini Baby Carrots Persimmons Raisins MILK: Non - Fat & 1% | Jan - 30 BBQ Wings w/ Pita Chicken Cesear Salad Gardenburger (V) Crispy Potato Wedges Mini Baby Carrots Banana Raisins MILK: Non - Fat & 1% | Jan - 31 Korean BBQ Chicken w/ Rice Chicken Cesear Salad Grilled Cheese (V) Spinach Salad Mini Baby Carrots Tangerine/Mandarin Raisins MILK: Non - Fat & 1% | |

| | Average | Weekly Target | % of Target | | Average | % of Calories | Weekly Target |
|-------------|----------|---------------|-------------|----------|-----------|---------------|---------------|
| Calories | 806* | 750-850 | 100% | Protein | 33.40* g | 16.57% | |
| Cholesterol | 71* mg | | | Carbohyd | 120.47* g | 59.76% | |
| Sodium | 1083* mg | 1420 | | Sat. Fat | 7.52* g | 8.39% | <10.00% |
| Fiber | 15.15* g | | | | | | |

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.